



## ARTHROSCOPIC ROTATOR CUFF REPAIR (SMALL) PHYSICAL THERAPY PROTOCOL

### COLUMBIA UNIVERSITY CENTER FOR SHOULDER, ELBOW AND SPORTS MEDICINE

**Christopher S. Ahmad, MD**  
Office (212) 305-5561  
Fax (212) 305-4040

**William N. Levine, MD**  
Office (212) 305-0762  
Fax (212) 305-4040

**Charles M. Jobin, MD**  
Office (212) 305-6445  
Fax (212) 305-4040

**Appointment Scheduling**  
(212) 305-4565

**Mailing Address:**  
622 West 168<sup>th</sup> Street, PH-11  
New York, NY 10032

**Office Locations:**  
16 East 60<sup>th</sup> Street  
New York, NY 10022

161 Ft. Washington Ave.  
New York, NY 10032

500 Grand Avenue  
Englewood, NJ 07631

#### RECOMMENDATIONS

- No driving until 6 weeks post surgery
- Encourage passive ROM at home daily by family member
- Wean from sling during daytime within first week; nighttime between 4-6 weeks

#### Phase I (0-2 weeks)

##### Precautions:

- ER to 40° at 0° elevation in the scapular plane
- Elevation to 140°; IR with thumb tip to L1 (avoid extension)
- Sling for days 1 to 6 then discouraged except as visible sign of vulnerability in uncontrolled environment
- Sleep in sling
- No lifting heavy objects
- No shoulder motion behind body
- Keep incision clean and dry

##### Physical Therapy:

- Grade I-II glenohumeral joint mobilizations; scapulothoracic joint mobilizations
- PROM within precautionary ROM (emphasize isolated GH elevation)
- **Minimal manual resistance** for isometric ER/IR at 45-60° scapular plane elevation (supported) in supine after POD 7
- **Minimal manual resistance** for rhythmic stabilization of GH joint at 90° elevation after POD 7
- Elbow/hand ROM and gripping exercises

##### Home Exercise Program:

- Scapular elevation, depression, protraction, retraction (“scapular clocks”)
- Pendulums with emphasis on “relaxed” shoulder and using trunk as prime moving force
- Supine passive ER and elevation in scapular plane with cane
- Closed chain isometric ER and humeral head depression with arm in scapular plane and supported at 90° elevation
- Cryotherapy (ice) 6 to 7 times daily

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## Phase II (2-6 weeks)

### Goals:

- Allow healing of soft tissue
- Avoid over stress of healing tissue
- Gradually restore full passive ROM
- Reestablish dynamic shoulder stability
- Decrease pain and inflammation

### Precautions:

- Full ROM (target to achieve FROM by 8 weeks)
- Begin active ROM without weight in biomechanically correct ROM
- No supporting body weight by hands and arms
- No lifting heavy objects

### Physical Therapy Treatment:

- Grade I-IV GH mobilizations and scapulothoracic mobilization
- Passive ROM with target of normal ROM by 8 weeks
- Minimal manual resistance for isometric ER and IR and rhythmic stabilization (flexion, extension, horizontal ab/adduction) at 45°, 90°, 120° elevation in the scapular plane as patient gains control of the upper extremity
- AAROM progressing to minimal manual resistance for PNF patterns
- Aquatic therapy: Increase speed of movement and resistance as tolerated, progress to using hand as a “paddle” and then to webbed gloves. Also add periscapular strengthening
- Begin active ROM without weights. Add light resistance as patient gains control of movement with good biomechanics. Exercises should include:
- Elevation in the scapular plane (supine initially, progress to inclined, then upright)
- Sidelying ER; prone rowing; supine serratus “punches”
- Progress to IR on light pulleys or Theraband (after 6 weeks postop only)
- Progress to upper body ergometer (UBE) at low resistance

### Home Exercise Program:

- As in Phase I, progress PROM as to FROM
- Add shoulder pulley

## PHASE III (6 - 12 weeks postop)

### Goals:

- Primary goal is to restore full PROM by 6-12 weeks
- Active ROM and strength should be within functional limits before discharge

### Precautions:

- Refer to physician for advice regarding activity restrictions

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### Physical Therapy Treatment:

- GH joint mobilization and PROM when indicated.
- Progress exercises in Phase II with increased weight based on 3 sets of 10 reps
- Gradually add following exercises and progress weights:
  - Periscapular strengthening
  - Manually-resisted PNF patterns
  - ER, IR, and PNF patterns on pulleys
  - ER, IR at 90° abduction
  - “Empty can” exercise
- Begin functional progression for sports/activity-specific tasks
- Begin isokinetics for ER, IR at 12 weeks postop. Begin in modified abduction,
- progress to supine or sitting 90° abduction position

### Home Exercise Program:

- Maintain PROM
- Light Theraband for ER, IR, elevation, and “empty can” on non-PT days
- Progress to independence with strengthening program prior to discharge

### PHASE IV ( 12 – 20 weeks)

#### Goals:

- Advanced strhengthening
- Gradual return to functional activities and sport