

Arthroscopic Assisted Rotator Cuff Repair

Small to medium tears

Immobilizer _____ weeks

- Day 1 Elbow, wrist and hand full active ROM.
Shoulder pendulum X's.
Active assisted external rotation (broom handle) in lying with rolled towel under elbow
Self assisted shoulder elevation while lying.
- Day 3 Passive ROM using overhead pulleys.
Shoulder extension past neutral using broom handle.
- Day 7-10 Self assisted functional internal rotation.
- Week 2-3 Biceps/triceps strengthening X's as tolerated (no shoulder movement).
Scapular strengthening (retraction X's, prone row & extensions to midline).
Isometric shoulder X's (no pain).
Passive ROM using upper body ergometer (UBE) at slow speed.
- Week 3-4 Slow active shoulder exercises – no weights:
- supine broom handle press up (assistance from normal arm), progress to supine pendular X's
- bent-over elevation X's (forward, backward, outward).
- side lying external rotation.
- Week 5-6 If there is adequate pain control and good active ROM (forward elevation above 90°, outward rotation 40°) begin elastic tubing X's (flexion, extension, rotation) below shoulder height – no pain.
Active UBE as tolerated – axis below shoulder height.
- Week 6 Shoulder stretching / mobilizations.
Progress ROM all directions.
- Week 8 Advanced strengthening – strengthening above horizontal if the rotator cuff is strong enough and there is adequate ROM.
Closed chain exercise – wall push-ups.
- Week 10 Close-grip press ups.
Proprioceptive training – physio ball, ball toss, balance X's.
- Week 12 Activity / work specific exercises.

Mr Simon Holland.