

Arthroscopic Rotator Cuff Repair

General

Slings for 6 weeks

Stitches assessed and removed in clinic within 7-14 days

Weeks 0-4

Gentle pendulum exercises

Full passive/active elbow flexion/extension

Full passive/active forearm supination/pronation

Weeks 4-6 (passive)

Full passive range of motion:

- Supine external rotation
 - Supine forward elevation
 - Supine internal rotation
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Weeks 4-6 (passive)

Full active range of motion:

- Supine-seated external rotation
 - Supine-seated forward elevation
 - Supine-seated internal rotation
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Weeks 8-10 (resistance)

Standing forward punch

Seated rows

Shoulder shrugs and scapular stabilization

Bear hugs

Gradual increase in resistance to ER/IR/forward elevation with bands

Weeks 10-12 (weight training)

Keep hands within eyesight; keep elbows bent

No military press; no pull downs behind head; no wide grip bench

Minimize overhead activity

Gradual increases in resistance

Return to run program

Return to activities

Computer at 4 weeks

Golf at 12 weeks (chip and putt only)

Sports at 12-16 weeks

Ski at 3-4 months