

Rehabilitation after Arthroscopic Repair of Large / Massive Rotator Cuff Tears

This protocol is intended to provide rough guidelines for clinicians and patients through the post operative course after arthroscopic repair of large RTC tears. Specific interventions and details should be based on the needs on individual patients. Exam findings as well communications with the operative surgeon and intraoperative findings should always be factored into treatment.

If you have any questions, please do not hesitate to contact Dr. Kazemi.

Phase I (Week 1-6):

- Focused on protection of repair, healing, and minimizing pain
- No AROM or PROM of the shoulder
- Pendulum exercises
- Elbow, wrist and hand exercises to assist with swelling control
- No active elbow flexion if biceps tenodesis was performed
- Sling with abduction pillow to be worn at all times

Phase II (Week 6-12)

- Focused on regaining ROM
- Sling is discontinued at 6 weeks
- Start with PROM of the shoulder, slowly progressing to AAROM, and AROM
- Goal to have progression of motion week by week. Motion may not be normal by the end of phase II.

Phase III (Week 12+)

- Start focusing on strengthening exercises with continued work on ROM exercises
- Patient should be progressed symptomatically
- Can start sports specific training at the discretion of the physical therapist once strength is restored
- Return to sports and high demand activities generally at 20+ weeks
- Full recovery expected at around 12 months