

## Rotator Cuff Repair Rehabilitation Framework

### Phase 1 – Weeks 0-6

RC repair, deltoid takedown and repair, soft-tissue healing

Goals: Regain motion, avoid deconditioning, decrease pain

1	Rest, immobilize to protect shoulder, decrease inflammation
2	Sling at night, during day in unprotected situations
3	Ice, NSAIDS, Analgesics
4	Codmans/pendulum exercises tid-qid
5	PROM, stretching to regain full ROM by 6 weeks
6	For scope cuff repairs or mini-open repairs with deltoid split only, begin deltoid isometrics
7	For fully-open repair, no anterior deltoid work for 6 weeks
8	Begin scapular stabilization/strengthening program if can avoid cuff activation/protect ant. deltoid
9	Elbow/hand/wrist PRE's

### Phase 2 – Weeks 7-12

Strengthening period

Goals: Maximize ROM, rebuild cuff strength, shoulder coordination

1	AAROM and AROM as tolerated
2	Begin deltoid isotonic in plane of scapula to 85 degrees
3	Begin ER/IR isometrics in neutral rotation, with arm at side
4	Week 8, begin supraspinatus isometrics, go to isotonic at 10 weeks
5	Continue scapular stabilization program/PRE's
6	Continue flexibility stretching, posterior capsular stretch in particular
7	Discontinue sling

### Phase 3 – Week 13 and onward

Full recovery

Goals: Return to normal activities

1	Aggressive UE PRE's all muscles
2	Plyometrics for overhead athletes
3	Begin isokinetics
4	Begin throwing program if appropriate
5	Work conditioning/hardening prn.
6	Return to sports/work as able