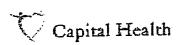
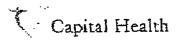
Dr. J. Andrew Trenholm



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Specializing in Upper Limb and Trauma Surgery

ARTHROSCOPIC ASSISTED ROTATOR CUFF REPAIR

* Remain in Immobilizer for 6 weeks (except for when you are performing your exercises)

DAY 1: Elbow, wrist, and hand exercises (Full active range of motion)

4 WEEKS: PAIN FREE passive external rotation using opposite arm to help

6 WEEKS: Shoulder pendular exercises

Bicep/Tricep Strengthening exercises as tolerated (no shoulder movement)

Self assisted shoulder elevation while lying supine

Scapular strengthening (NO WEIGHTS)

→ retraction exercises, prone row and extension to midline

PAIN FREE Isometric shoulder exercises

8 WEEKS: Self assisted functional internal rotation (hand behind back)

→ While side lying on non-operated shoulder

10 WEEKS: Slow, active shoulder exercises (NO WEIGHTS):

→ Supine broom handle press up with assistance from normal arm

→ Progress to supine pendular exercises

→ Bent over elevation exercises (forward, backward, outward)

→ Sidelying external rotation (Thumb up)

Scapular strengthening:

→ Horizontal extension to midline in prone position

Passive ROM using upper body ergometer (UBE) at slow speed

12 WEEKS: If there is adequate pain control and good active ROM (forward elevation > 90°, outward

rotation to ~40°) begin elastic tubing exercises (flexion, extension, rotation)

below shoulder height (no pain, no shrug sign)

** you can substitute free weights if functionally better

Shoulder Stretches/ Mobilizations (be sure to include posterior capsule stretches if tight)

Slow active UBE – axis below shoulder height and minimal resistance only

14 WEEKS: Advanced Strengthening below shoulder height if the rotator cuff is strong enough and

there is adequate ROM

→ Increase weight/ resistance as able

→ Continue to incorporate free weights starting with 1 lb weight

- Begin to add combined movements

(i.e combined abduction-ext rotation arm supported progressing to unsupported arm)

16 WEEKS: Proprioceptive training:

-- Physio-ball, ball toss, balance exercises, rhythmic stabilizations

Closed Chain exercise:

→ Wall pushups, progressing to close-grip press ups

18 WEEKS: Activity/ Sport/ Work specific exercises