

*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  
Active assisted external rotation using broom handle  
→ Lying supine with rolled towel under elbow

**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