



Advanced Orthopedics and Sports Medicine

Arthroscopy assisted Rotator Cuff Repair: Large Tear

Treatment Guideline for Dr. McChesney

Phase in Rehabilitation		IPSP	PP	IP		ASP		RAP
Weeks after surgery		0-2 wk	2-4 wk	4-6 wk	6-8wk	8-12wk	12-16wk	4-6 mos
PROM/ AROM Goals	Flexion	90/NA	120/NA	135/45	150/80	160/150	160/155	WFL
	Abduction	80/NA	110/NA	125/30	140/60	155/145	160/150	WFL
	IR/ER	35/NA	45/NA	60/NA	80/45	85/75	85/80	WFL
Modalities	Heat (Superficial/Deep)	x	x	x	x	PRN	PRN	PRN
	Cold	x	x	x	x	PRN	PRN	PRN
	Electrical Stimulation	x	x	x	x	PRN	PRN	PRN
	Joint Mobs/MFR	x	x	x	x	x	x	x
ROM and Stretching	Neck ROM	x	x	x	x	x	x	x
	Neck Stretching	x	x	x	x	x	x	x
	Shoulder PROM	x	x	x	x	x	x	x
	Shoulder AAROM		x	x	x	x	x	x
	Shoulder AROM			x	x	x	x	x
	Capsular Stretching		x	x	x	x	x	x
Submax pain free	Shoulder isometrics		x	x	x	x	x	x
	Scapular Isometrics		x	x	x	x	x	x
	Rhythmic stabilization		x	x	x	x	x	x
Strength	Isotonic exercises			x	x	x	x	x
	Isokinetic exercises							
	Functional Strengthening					x	x	x
Other Joints	Elbow/Wrist ROM	x	x	x	x	x	x	x
	Elbow/Wrist Strength	x	x	x	x	x	x	x
Brace	Post op/Functional							
	sleeping in sling	x						
	Discontinue sling		x	x	x	x	x	x
Return to Sports	Golf program							
	Tennis/Volleyball							
	Swimming							