

Advanced Orthopedics and Sports Medicine

Arthroscopy assisted Rotator Cuff Repair: Small to Medium Tear

Treatment Guideline for Dr. Fogarty/Dr.Mack/Dr.Elbaz

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/	Flexion	100/NA	130/NA	145/NA	160/100	160/155	WFL	WFL
AROM	Abduction	90/NA	120/NA	135/NA	150/80	160/150	WFL	WFL
Goals	IR/ER	45/NA	60/NA	75/NA	85/50	85/80	WFL	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
	Shoulder AROM				x	x	x	x
	Capsular Stretching					x	x	x
Submax pain free	Shoulder isometrics			x	x	x	x	x
	Scapular Isometrics			x	x	x	x	x
	Rhythmic stabilization			x	x	x	x	x
Strength	Isotonic exercises				x	x	x	x
	Isokinetic exercises							
	Functional Strengthening						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	x	x	x				
	sleeping in sling							
	Discontinue sling				x	x	x	x
Return to Sports	Golf program						x	x
	Tennis/Volleyball						x	x
	Swimming						x	x