TUCSON ORTHOPAEDIC INSTITUTE

East	Northwest	Oro Valley	St. Mary's
5301 E. Grant Rd.	6320 N. La Cholla Blvd., #200	12315 N. Vistoso Park Rd.	395 N. Silverbell Rd., #101
Tucson, AZ 85712	Tucson, AZ 85741	Oro Valley, AZ 85755	Tucson, AZ 85745
(520) 784.6200	(520) 382-8200	(520) 544-9700	(520) 382-8200

REHABILITATION PROTOCOL: ARTHROSCOPIC ROTATOR CUFF + SUBSCAPULARIS REPAIR

☐ **Phase 1 (Weeks 0-4)**
- Sling immobilization with supporting abduction pillow to be worn at all times except for showering and rehab under the guidance of PT
- Range of motion
  - True PROM only to patient tolerance
  - Goals: 140° of forward flexion, 0° of external rotation with elbow at side, 60-80° of abduction without rotation, limit internal rotation to 40° with shoulder in the 60-70° abducted position
  - Maintain elbow at or anterior to mid-axillary line when patient is supine
- Therapeutic exercises
  - Codman exercises/ pendulums
  - Elbow, wrist, hand range of motion
  - Grip strengthening
  - Isometric scapular stabilization
- Heat/ ice before and after physical therapy sessions

☐ **Phase 2 (Weeks 4-8)**
- Discontinue sling immobilization
- Range of motion
  - 4-6 weeks: gentle passive stretch to reach ROM goals from Phase 1
  - 6-8 weeks: begin AAROM → AROM as tolerated
- Therapeutic exercises
  - 4-6 weeks: begin gentle AAROM exercises (supine), gentle joint mobilizations (grades I/II), continue with Phase 1 exercises
  - 6-8 weeks: progress to active exercises with resistance, shoulder flexion with trunk flexed to 45° in upright position, begin deltoid and biceps strengthening (if tenodesis performed, no biceps strengthening until 8 weeks postop) NO RESISTED INTERNAL ROTATION
- Modalities per PT discretion

☐ **Phase 3 (Weeks 8-12)**
- Range of motion
  - Progress to full AROM without discomfort
- Therapeutic exercises
  - Continue scapular strengthening and Phase 2 exercises
  - Begin internal and external rotation isometrics
  - Stretch posterior capsule when arm is warmed-up
- Modalities per PT discretion

☐ **Phase 4 (Months 4-6)**
- Range of motion
  - Full without discomfort
- Therapeutic exercises
  - Advance strengthening as tolerated: isometrics therabands light weights (1-5lbs)
  - Rotator cuff, deltoid, and scapular stabilization 8-12 repetitions/ 2-3 sets
  - Return to sports at 6 months if approved
- Modalities per PT discretion