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## Rehabilitation Instructions Arthroscopic Rotator Cuff Repair

**Sling:** Should be worn at all times (including sleeping) except for hygiene and therapeutic exercise for 4-6 weeks unless told otherwise by your physician.

### Phase I (0-3 weeks):

#### **Range Of Motion (Passive ROM):**

- Active ROM Elbow, Wrist, Hand and shoulder blade clock
- Forward elevation to 140 degrees
- ER to 50 degrees

#### **Strengthening Exercises:**

- Scapular Stabilization exercises (sidelying)
- Deltoid isometrics in neutral (submaximal) as ROM improves

### Phase II (3;-6 weeks):

#### **Range Of Motion (Active Assist ROM):**

- Begin Internal rotation
- Elevation in scapular plane to 160 degrees (pulleys as ROM improves)
- External rotation to 60 degrees

#### **Strengthening Exercises:**

- Scapular Stabilization
- Submaximal deltoid isometrics
- ER/IR isometrics (submaximal)
- Isotonic exercises of elbow and scapula

### Phase III (6-12 weeks):

#### **Range Of Motion:**

- Progress to full motion (active)

#### **Strengthening Exercises:**

- Deltoid isometrics at 30 degrees elevation

### Phase IV (12-20 weeks):

#### **Strengthening Exercises:**

- Keep hands within eyesight and elbows bent
- Progressive strengthening  
(no military press, pull downs behind head, wide grip bench)
- Sports-Specific strengthening and plyometrics at 14 weeks

#### **Return to Activities:**

- Computer 1 week with elbow supported
- Swimming 3 months
- Golf, Tennis, Skiing 4 months
- Contact Sports, throwing 5 months