



**Deborah A. Faryniarz, MD Inc.**

- Sports Medicine and Shoulder Fellowship, The Hospital for Special Surgery
- FORUM, Society of Fellowship Trained Women in Orthopaedic Surgery
- Diplomate American Board of Orthopaedic Surgery
- Member American Orthopaedic Society for Sports Medicine
- Member Arthroscopy Association of North America
- Fellow American Academy of Orthopaedic Surgeons

**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