

Chris Miller, M.D.
Kansas Orthopaedic Center
7550 W. Village Circle, Wichita, KS 67205
(316) 838-2020, (800) 937-2020.

Type One – Rotator Cuff Repair (Deltoid Splitting) Small Tear (less than 1cm).

Phase I – Protective Phase (Weeks 0-6).

Goals:

1. Gradual return to full ROM.
2. Increase shoulder strength.
3. Decrease pain.

Brace:

Week 1: Pillow sling to be worn full time.

Week 2-5: Pillow sling to be worn at night. Regular sling during day except during exercise.

Weeks 0-3:

- Sling worn as listed above.
- Pendulum exercises.
- PROM exercises (L-Bar or cane).
- Rope and Pulley (Flexion only).
- Elbow ROM, hand gripping.
- Isometrics (Submaximal, sub-painful isometrics)
 - External Rotators.
 - Internal Rotators.
 - Elbow Flexors.
 - Shoulder Flexors.
- Modalities for pain and inflammation (ice, electric stimulation, 20% pulsed ultrasound at 0.5 w/cm²).

*Range of motion exercises are employed in a non-painful range, gentle and gradual increase motion to tolerance. Rhythmic breathing should be included with exercise to aid in pain control.

Weeks 3-6:

- Progress all exercises (continue all above exercises).
- AAROM L-Bar or cane exercises ER/ IR (shoulder at 45 degrees ABD).
- Theraband ER/ IR with 0 degrees ABD (arm at side).
- Initiate humeral head stabilization exercises.

Phase II – Intermediate Phase (Week 7-12).

Goals:

1. Full, non-painful ROM.
2. Improvement of strength and power.
3. Increasing functional activities; decreasing residual pain.

Weeks 7-10:

- AAROM exercises (L-Bar or cane).
 - Flexion to 170-180 degrees.
 - ER / IR performed at 90 degrees abduction of shoulder.
 - ER to 75-90 degrees.
 - IR to 75-85 degrees.
 - ER exercises performed with 0 degrees abduction of shoulder.
 - ER to 30-40 degrees.
- Strengthening exercises for shoulder.
 - Theraband exercises ER / IR arm at side.
 - Isotonic dumbbell exercises for:
 - Deltoid.
 - Supraspinatus.
 - Elbow Flexors.
 - Scapulae muscles.
- Upper body ergometer.

*Full range of motion is goal of weeks 8-10.

Weeks 10-12:

- Continue all above exercises.
- Initiate isokinetic strengthening (scapular plane).
- Initiate side lying ER / IR exercises (dumbbell).
- Initiate neuromuscular scapulae control exercises (PNF).

Phase III – Advanced Strengthening Phase (Weeks 13-21).

Goals:

1. Maintain full, non-painful ROM.
2. Improve shoulder complex strength.
3. Improve neuromuscular control.
4. Gradual return to functional activities.

Weeks 13-18:

- Active stretching program for the shoulder .
 - AAROM L-Bar or cane flexion, ER, IR.

- Capsular stretches.
- Aggressive strengthening program (Isotonic Program).
 - Shoulder flexion.
 - Shoulder abduction.
 - Supraspinatus.
 - ER/ IR.
 - Elbow Flexors / Extensors.
 - Scapulae muscles.
- Isokinetic test (modified neutral position indicated for athletes). (Week 14)
 - ER / IR at 180 and 300 degrees / second.
- General conditioning program.

Weeks 18-21:

- Continue all exercises listed above.
- Initiate interval sport program (Return to throwing program, etc).

Phase IV – Return to Activity Phase (Weeks 21-26.

Goals:

1. Gradual return to recreational sport activities.

Weeks 21-26:

- Isokinetic test – modified neutral position (indicated for athletes).
- Continue to comply with interval sport program.
- Continue basic ten program for strengthening and flexibility (maintenance).