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Type Three – Rotator Cuff Repair. (Deltoid Splitting). Large Tear.

Phase I – Protection Phase (Weeks 0-8).

Brace: Week 1: Abduction pillow is worn full time.
Week 2-6: Abduction pillow is worn at night.
Time abduction pillow worn by day varies at physician discretion.

Weeks 0-4:

- Brace or sling (as determined by physician).
- Pendulum exercises.
- Passive ROM to tolerance
 - Flexion.
 - ER/ IR (shoulder at 45 degrees abduction).
- Elbow ROM.
- Hand gripping exercises.
- Submaximal isometrics.
 - ER/ IR.
 - Elbow Flexors.
- Ice and pain modalities.
- Gentle active assisted ROM with L-Bar or cane at week 2.

Weeks 4-9:

- Discontinue brace or sling (end of week 6).
- Active assisted ROM with L-Bar or cane.
 - Flexion to 100 degrees.
 - ER/ IR (shoulder 45 degrees abduction).
- Continue pain modalities as needed.
- Week 6 – Initiate Submaximal isometrics in abduction.

Phase II – Intermediate Phase (Weeks 8-14).

Goals:

1. Establish full ROM (Week 12).
2. Gradually increase strength.
3. Decrease pain.

Weeks 8-10:

- Active assisted ROM L-Bar or cane exercises
 - Flexion to tolerance.
 - ER/ IR (shoulder 90 deg. Abduction) to tolerance.
- Initiate isotonic strengthening *
 - Deltoid to 90 degrees.
 - External rotation / internal rotation side lying.
 - Supraspinatus.
 - Biceps / Triceps.
 - Scapula muscles.
 - Lower trapezius.

* If patient is unable to elevate arm without shoulder hiking (scapulothoracic substitution), maintain on humeral head stabilizing exercises.

Weeks 10-14:

- Full ROM desired by week 12-14.
- Continue all exercises listed above.
- Initiate neuromuscular control exercises.

Phase III – Advanced Strengthening Phase (week 15-26).

Goals:

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

Weeks 15-20:

- Continue active assisted ROM exercises with L-Bar or cane – flexion.
- Self capsular stretches.
- Aggressive strengthening program.
 - Shoulder flexion.
 - Shoulder abduction (to 90 degrees).
 - Supraspinatus
 - ER / IR.
 - Elbow flexors/ extensors.
 - Scapula strengthening.
- Conditioning program.

Weeks 21-26:

- Continue all exercises listed above.
- Isokinetic test (modified neutral position) for ER / IR at 180 degrees and 300 degrees / second.

Phase IV – Return to Activity Phase (weeks 24-28).

Goals:

1. Gradual return to recreational sport activity.

Weeks 24-28:

- Continue all strengthening exercises.
- Continue all flexibility exercises.
- Continue progression on interval programs.

Maintenance Program

- Capsular Stretches.
- Theraband or Isometrics for Flexion / Extension / Abduction / IR / ER Diagonals and Lower Trapezius.