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**Type Two – Rotator Cuff Repair (Deltoid Splitting) Medium Tear (Stable Repair).**

**Phase I – Protection Phase (weeks 0-6).**

**Goals:**

1. Gradual increase in range of motion.
2. Increase shoulder strength.
3. Decrease pain and inflammation.

**Brace:**

Week 1: Abduction pillow is worn full time.

Week 2-4: Abduction pillow is worn at night, pillow sling is worn during the day.

Week 5-6: Pillow sling is worn at night, regular sling by day.

**Weeks 0-3:**

- Sling worn as listed above and at physician's discretion.
- Pendulum exercises.
- PROM Exercises ( L-Bar or cane exercise, supine, plane of scapula).
  - Flexion to 125 degrees.
  - ER / IR (shoulder at 40 degrees ABD) to 30 degrees.
- Passive ROM to tolerance.
- Rope and pulley (flexion only).
- Elbow ROM, hand gripping.
- Submaximal isometrics.
  - Flexors.
  - ER / IR.
  - Elbow flexors.
- Modalities for pain and inflammation ( ice, electric stimulation, 20% pulsed ultrasound at 0.5 w/ cm2).

**Weeks 3-6:**

- Discontinue sling after week 6.
- Continue all exercises listed above.
- AAROM exercises.
  - Flexion to 145 degrees.
  - ER / IR (performed at 65 degrees ABD., range to tolerance.

## **Phase II – Intermediate Phase (week 7-12).**

### Goals:

1. Full, non-painful ROM.
2. Improvement of strength and power.
3. Increase 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 (week 21-26).**

Goals:

1. Gradual return to recreational sport activities.

### **Week 21-26:**

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