

# Ascension Borgess Orthopedics & Sports Medicine

## Postop Rehabilitation

### Arthroscopic Rotator Cuff Repair (Massive)

#### Phase I (0-6 weeks)

**Range of Motion:** Limit FF 90°, ER 45°, Extension 20°, Abduction 45°, ABER 45°

**Sling:** Off for home exercises and hygiene.

**Exercises:** Elbow/wrist ROM. Pendulums, saws, table-slides 4x/d x 10min.

**Restrictions:** No lifting heavier than a coffee cup.

#### Phase II (6-12 weeks)

**Range of Motion:** Begin active/active assisted ROM. Advance to FF 140°, Abduction 135°, ABER 90°, ABIR 45°.

**Sling:** None

**Exercises:** Light deltoid/rotator cuff isometrics. Scapular stabilization. Light rotator cuff strengthening, biceps, triceps.

**Restrictions:** No aggressive stretching. No extended arm lifting.

#### Phase III (3-5 months)

**Range of Motion:** Gradual return to full AROM.

**Sling:** None

**Exercises:** Increase ER and latissimus eccentrics, glenohumeral stabilization. Begin rotator cuff endurance. Cycling/running as tolerated.

#### Phase IV (5-8 months)

**Range of Motion:** Full and pain-free

**Sling:** None

**Exercises:** Scapular stabilization, eccentric strengthening, and perturbation. Plyometric and throwing/racquet program. Continue endurance. Return to full activity as tolerated.

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