TYPE II ROTATOR CUFF REPAIR PROTOCOL  
(arthroscopic tears for large to massive tears > 5 cm)  
JOSEPH R. MISSON, MD

PATIENT ________________________________  DATE OF SURGERY__________________

*Initial Visit POD# 2 or #3, second visit Week 2-3, then visits at therapist discretion

GOALS
1. Maintain integrity of repair. Never overstress healing tissue
2. Reestablish full PROM as quickly and safely as possible
3. Reestablish dynamic humeral head control
4. Improve external rotation muscular strength and muscular balance
5. Initiate resisted shoulder abd and flex when muscular balance is restored
6. Caution against overaggressive activities (tissue healing constraints)
7. Restore patient's functional use of the shoulder, but do so gradually
8. Active rotator cuff muscles through inhibition of pain

GOALS: Maintain integrity of repair
PRECAUTIONS: Maintain arm in brace, remove for exercise

DAY 1-6:
- Sling or slight abduction brace (per physician)
- Pendulum Exercises ONLY
- Scapular retractions
- Elbow/Hand gripping and ROM exercises
- Cryotherapy (15-20 min every hour)
- E-stim as needed for pain
- Sleep in sling or brace

DAY 7 -10:
- Continue above exercises
- Continue modalities as needed
- Continue sleeping in brace

PHASE II: PROTECTION PHASE  WEEK 4- WEEK 5

GOALS: Allow healing of soft tissue
PRECAUTIONS: No lifting

- Do not overstress healing tissue
- Gradually restore full PROM
- Decrease pain and inflammation

Weeks 4-5
- Continue use of brace during sleep until week 4
- Continue above exercises
- Begin PROM
  - Flex 0-90
  - ER to 30 at 90 degrees abd
  - IR to 30 at 90 degrees abd
- Continue modalities as needed
- Continue above precautions
## PHASE III: EARLY INTERMEDIATE PHASE WEEK 6-12

**GOALS:**
- Full PROM week 10-12
- Begin AROM
- Dynamic Shoulder stability
- Gradual restoration of shoulder strength and power

**Weeks 6-9**
- Continue above exercises
- Initiate therapist assisted, AAROM in supine (per patient tolerance)
- AAROM with wand
- Progressive PROM until approx full at 12 weeks
- Initiate submax isometrics in standing with elbow bent
- Initiate prone rowing to neutral arm position
- Initiate Isotonic elbow flexion
- May use heat prior to exercise
- May use pool for light ROM exercises

**Weeks 10-12**
- Continue above exercises
- Initiate AROM
  - Shoulder flexion in scapular plane
  - Shoulder abduction
- Initiate Isotonic strengthening
  - IR/ER tubing
  - Side lying ER/IR
  - Prone Rowing
  - Prone Horz abduction
  - Bicep Curls
  - Elbow Extension

## PHASE III: LATE INTERMEDIATE PHASE WEEKS 13-16

**GOALS:**
- Full AROM week 16
- Maintain full PROM
- Dynamic Shoulder stability
- Gradual restoration of shoulder strength and power
- Gradual return to functional activities

**Week 13**
- Continue above exercises as needed
- Initiate dynamic stabilization drills
- Progress strengthening as listed above

**Week 15**
- Initiate light functional activities when physician permits

## PHASE IV: ADVANCED STRENGTHENING PHASE WEEK 17-23

**GOALS:**
- Maintain full nonpainful ROM
- Enhance functional use of the UE
- Improve muscular strength and power
- Gradual return to functional activities

**Week 17**
- Continue ROM and stretching to maintain full ROM
- Self capsular stretching
- Progress shoulder strengthening to functional shoulder exercises

**Week 21**
- Continue above exercises
- Continue to perform ROM stretching if motion is not complete
PHASE V: RETURN TO ACTIVITY PHASE WEEK 24-30

GOALS:  Gradual return to strenuous work activities
        Gradual return to recreational sport activities

       Week 24
           Continue above exercises

       Week 30
           May initiate interval sport program, i.e. golf, etc

Physician Signature:  __________________________________________________________