

Orthopaedic Sports Specialists, P.C.

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Type III Repair: - Large and Massive Tears -

Arthroscopic or Mini-Open Procedures (Greater than 5 cm)

Post Operative Rehabilitation Protocol:

I. Phase One - Protective Phase (Week 0-8)

A. Week 0-4

1. Brace or sling (determined by physician)
2. Pendulum exercises
3. Passive ROM to tolerance
 - a. Flexion
 - b. ER/IR (shoulder at 45 degrees abduction)
4. Elbow ROM
5. Hand gripping exercises
6. Continuous isometrics
7. Submaximal Isometrics
 - a. Abductors
 - b. ER/IR
 - c. Elbow Flexors
8. Ice and pain modalities
9. Gentle AAROM with L-bar at Week 2

B. Week 4-8

1. Discontinue brace or sling
2. AAROM with L-bar
 - a. Flexion to 100 degrees
 - b. ER/IR (shoulder 45 degrees abduction) 40 deg
3. Continue pain modalities

II. Phase Two - Intermediate Phase (Week 8-14)

- Goals:** (1) Establish full ROM (week 12)
(2) Gradual increase in strength
(3) Decrease pain

A. Week 8-10

1. AAROM L-bar exercises
 - a. Flexion to tolerance
 - b. ER/IR (shoulder 90 degrees abduction) to tolerance
2. Initiate isotonic strengthening *
 - a. Deltoid to 90 degrees
 - b. ER/IR side-lying
 - c. Supraspinatus
 - d. Biceps/triceps
 - e. Scapula muscles

B. Week 10-14

1. Full ROM desired by Week 12-14
2. Continue all exercises listed above
3. Initiate neuromuscular control exercises

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

III. Phase Three - Advanced Strengthening Phase (Week 15-26)

Goals: (1) *Maintain full, nonpainful ROM*
 (2) *Improve strength of shoulder*
 (3) *Improve neuromuscular control*
 (4) *Gradual return to functional activities*

A. Week 15-20

1. Continue AAROM exercise with L-Bar - Flexion, ER, IR
2. Self Capsular stretches
3. Aggressive strengthening program
 - a. Shoulder flexion
 - b. Shoulder abduction (to 90 degrees)
 - c. Supraspinatus
 - d. ER/IR
 - e. Elbow Flexors/Extensors
 - f. Scapula Strengthening
4. Conditioning program

B. Week 21-26:

1. Continue all exercises listed above
2. Isokinetic test (modified neutral position) for ER/IR
3. Initiate interval sport program

IV. Phase Four - Return to Activity Phase (Week 24-28)

Goals: (1) Gradual return to recreation sport activities

A. Week 24-28

1. Continue all strengthening exercises
2. Continue all flexibility exercises
3. Continue progression on interval programs