

Orthopaedic Sports Specialists, P.C.

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Type II Repair: - Medium Size Tears -

All Arthroscopic or Mini-Open Surgical Procedures

(Greater than 1 cm and Less than 5 cm)

Supraspinatus and into the Infraspinatus

Post Operative Rehabilitation Protocol:

I. Phase One - Protective Phase (week 0-6)

- Goals:** (1) *Gradual increase in ROM*
(2) *Increase shoulder strength*
(3) *Decrease pain and inflammation*

A. Week 0-3

1. Brace or sling (Physician determines)
2. Pendulum exercises.
3. Active Assisted Range of motion exercises (L-bar exercise)
 - a. Flexion to 125 degrees
 - b. ER/IR (shoulder at 40 degrees abduction) to 30 degrees)
4. Passive Range of motion to tolerance
5. Rope and pulley - flexion
6. Elbow Range of motion and hand gripping exercises
7. Submaximal isometrics
 - a. Flexors
 - b. Abductors
 - c. ER/IR
 - d. Elbow Flexors
8. Ice and pain modalities

B. Week 3-6

1. Discontinue brace or sling
2. Continue all exercises listed above
3. AAROM exercises
 - a. flexion to 145 degrees
 - b. ER/IR (performed at 65 degrees abduction)
“range to tolerance”

II. Phase Two - Intermediate Phase (Week 7-14)

- Goals:**
- (1) Full, nonpainful ROM (Week 10)
 - (2) Gradual increase in strength
 - (3) Decrease pain

A. Week 7-10

1. AAROM L-bar exercises
 - a. Flexion to 160 degrees
 - b. ER/IR (performed at 90 degrees shoulder abduction) to tolerance greater than 45 degrees)
2. Strengthening exercises
 - a. exercise tubing ER/IR arm at side
 - b. initiate humeral head stabilizing exercises
 - c. Initiate *dumbbell strengthening exercises for:
 - Deltoid
 - Supraspinatus
 - Elbow flexion/extension
 - Scapulae muscles

B. Week 10-14 (Full range of motion desired by Week 10-12)

1. Continue all exercises listed above
2. Initiate isokinetic strengthening (scapular plane)
3. Initiate side-lying ER/IR exercises (dumbbell)
4. Initiate neuromuscular control exercises for scapular

** Patient must be able to elevate arm without shoulder and scapular hiking before initiating isotonic; if unable, maintain on humeral head stabilizing exercises.*

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

- Goals:** (1) *Maintain full, non-painful Range of motion*
(2) *Improve strength of shoulder*
(3) *Improve neuromuscular control*
(4) *Gradual return to function activities*

A. Week 15-20

1. Continue AAROM exercises 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. Scapulae muscles
4. Conditioning program

B. Week 21-26

1. Continue all exercises listed above
2. Isokinetic test (modified neutral position) for ER/IR at 180 and 300 degrees/sec
3. Initiate interval sport program

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

- Goals:** (1) *Gradual return to recreational sport activities*

A. Week 24-28

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