

# Orthopaedic Sports Specialists, P.C.

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## **Type I Repair: - Small Tears - Arthroscopic or Mini-Open Procedures (Less than 1 cm or Partial Thickness)**

### **Post Operative Rehabilitation Protocol:**

#### **Phase I - Protective Phase (Week 0-6)**

- Goals:**
- (1) Gradual return to full ROM
  - (2) Increase shoulder strength
  - (3) Decrease pain

#### **A. Week 0-3**

1. Sling for comfort (2 weeks )
2. Pendulum exercises
3. Active Assisted ROM exercises (L-bar exercise)
  - a. Forward flexion to 160 degrees
  - b. Abduction to 75 degrees
  - c. ER (in adduction and abduction) to 75 degrees.
4. Rope & pulley for flexion (only)
5. Elbow ROM, hand gripping
6. Isometrics (submaximal, sub-painful isometrics)
  - a. Abductors
  - b. External rotators
  - c. Internal rotators
  - d. Elbow flexors
  - e. Shoulder flexors
7. Pain control modalities  
(ice, high voltage galvanic stimulation)

\* Range of motion exercises are employed in a non-painful range, gentle and gradual increase motion to tolerance.

#### **B. Week 3-6**

1. Progress all exercises (continue all above exercises)
2. AAROM L-bar exercises ER/IR

- (Shoulder at 45-90 degrees abduction)
3. Surgical tubing ER/IR (arm at side)
  4. Initiate humeral head stabilization exercises
  5. Expect full normal ROM but 4-5 weeks PO

## **Phase II - Intermediate Phase (Week 7-12)**

- Goals:*
- (1) *Full, nonpainful ROM*
  - (2) *Improvement of strength & power*
  - (3) *Increasing functional activities;  
Decreasing residual pain*

### **A. Week 7-10**

1. Active assisted range of motion exercises (L-bar)
  - a. Flexion to 170-180 degrees
  - b. ER/IR performed at 90 degrees abduction of shoulder
    - ER to 75-90 degrees
    - IR to 75-85 degrees
  - c. ER exercises performed with 0 degrees abduction
    - ER to 30-40 degrees
2. Strengthening exercises for shoulder
  - a. Exercise tubing ER/IR arm at side
  - b. Isotonics dumbbell exercises for:
    - Deltoid
    - Supraspinatus
    - Elbow flexors
    - Scapulae muscles

3. Upper body ergometer

\* Full range of motion is goal of week 8 to 10

### **B. Week 10-12**

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

**Phase III - Advanced Strengthening Phase:** (Week 13-21)

- Goals: (1) Maintain full, non-painful ROM  
(2) Improve shoulder complex strength  
(3) Improve neuromuscular control  
(4) Gradual return to functional activities

**A. Week 13-18**

1. Active stretching program for the shoulder  
- AAROM L-bar flexion, ER, IR
2. Capsular stretches
3. Aggressive strengthening program (Isotonic Program)
  - a. Shoulder flexion
  - b. shoulder abduction
  - c. Supraspinatus
  - d. ER/IR
  - e. Elbow Flexors/Extensors
  - f. Scapulae muscles
4. Isokinetic test (modified neutral position) [Week 14]  
- ER/IR at 180 and 300 degrees/second
5. General conditioning program

**B. Week 18-21**

1. Continue all exercises listed above
2. Initiate interval sport program

**Phase IV - Return to Activity Phase** (Week 21-26)

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

**A. Week 21-26**

1. Isokinetic test (modified neutral position)
2. Continue to comply with interval sport program
3. Continue basic ten programs for strengthening and flexibility