

# **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