

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