

ARTHROSCOPIC ROTATOR CUFFREPAIR WITH ARTHROSCOPIC BANKART REPAIR

I. Phase I – Immediate Postoperative Phase “Restrictive Motion” (Day 1 to Week 6)

- Goals: Protect the anatomic repair
Prevent negative effects of immobilization
Promote dynamic stability
Reduce pain and inflammation

Week 0-2:

- Sling and swathe for 4 weeks
- Sleep in immobilizer for 4 weeks
- Elbow/hand ROM
- Hand gripping exercises

Week 1:

- Passive and gentle active assistive ROM exercise
 - Flexion to 75 degrees (Week 2: Flexion to 90 degrees)
 - Elevation in scapular plane to 60 degrees
 - ER/IR with arm in scapular plane at 30 degrees abduction
 - ER to 10-15 degrees
 - IR to 40 degrees

Week 2:

- ER at 30 degrees Abduction 25 degrees
- IR at 30 degrees Abduction 40-45
- Flexion: 100 degrees

**NO active ER or Extension or Abduction

- Submaximal isometrics for shoulder musculature
- NO isolated Biceps Contractions
- Cryotherapy, modalities as indicated

Week 3-4:

- Discontinue use of sling at 4 weeks
- Sleep in immobilizer until Week 4
- Continue gentle ROM exercises (PROM and AAROM)
 - Flexion to 145-160 degrees (PROM)
 - Abduction to 75-85 degrees
 - ER in scapular plane and 45° abd to 35-45 degrees
 - IR in scapular plane and 45° abd to 55-60 degrees

**Week 4 ER/IR @ 90 Abd to tolerance

**NOTE: Rate of progression based on evaluation of the patient.

- No active ER, Extension
- Active Full can to 90 degrees with no resistance
- Prone rowing at 45 degrees Abduction with no resistance
- Initiate rhythmic stabilization drills
- Initiate proprioception training
- Tubing ER/IR at 0 degrees Abduction
- Continue isometrics (Abduction, flexion, extension, ER)
- Continue use of cryotherapy

Week 5-6:

- Gradually improve ROM (Week 6: 180 degrees GH flexion)
 - Flexion to 160 to 180 degrees
 - ER at 90 degrees abduction: 75-85 degrees by week 6
 - At 6 weeks begin light and gradual ER at 90° abduction – progress to 30-40° ER
- **Full PROM by end of Week 6**
- May initiate light stretching exercises
- May initiate light (easy) ROM at 90 degrees Abduction
- Continue tubing ER/IR (arm at side)
- Initiate Active Shoulder Abduction (without resistance)
- Initiate “Full Can” Exercise (Weight of Arm)
- Prone Rowing at 45 and 90 degrees abduction
- Light Biceps Strengthening (initiate isometric therex)
- Pool exercise

II. Phase II – Intermediate Phase: Moderate Protection Phase (Week 7-14)

Goals: Gradually restore full ROM (week 10)
 Preserve the integrity of the surgical repair
 Restore muscular strength and balance

Week 7-9:

- Gradually progress ROM:
- Flexion to 180 degrees
 - ER at 90 degrees abduction: 90-95 degrees
 - IR at 90 degrees abduction: 70-75 degrees
 - ER at 0 degrees abduction to tolerance
- Continue to progress isotonic strengthening program
- Continue PNF strengthening
- Initiate light AROM
- May perform pool exercise, no swimming

Week 10-12:

- May initiate slightly more aggressive strengthening
- Progress ER to Throwers Motion
 - ER at 90 degrees abduction: 110-115 in throwers (Week 10-12)
- Initiate isotonic strengthening exercises (fundamental shoulder)
- Continue all stretching exercises
 - **Progress ROM to functional demands (i.e. overhead athlete)
- Continue all strengthening exercises
- Initiate wall Closed Kinetic Chain exercises

III. Phase III – Minimal Protection Phase (Week 14-20)

Goals: Establish and maintain full ROM
 Improve muscular strength, power and endurance
 Gradually initiate functional activities

Criteria to enter Phase III:

- 1) Full non-painful ROM
- 2) Satisfactory stability
- 3) Muscular strength (good grade or better)
- 4) No pain or tenderness

Week 14-16:

- Continue all stretching exercises (capsular stretches)
- Maintain Throwers Motion (Especially ER)
- Continue strengthening exercises:
 - Throwers Ten Program or Fundamental Exercises
 - Restricted sport activities (light swimming, half golf swings)

Week 16-20:

- Continue all exercise listed above
- Continue all ROM exercise
- Progress to Throwers Ten Program

IV. Phase IV – Advanced Strengthening Phase (Week 20-26)

Goals: Enhanced muscular strength, power and endurance
 Progress functional activities
 Maintain shoulder mobility

Criteria to enter Phase IV:

- 1) Full non-painful ROM
- 2) Satisfactory static stability
- 3) Muscular strength 75-80% of contralateral side
- 4) No pain or tenderness

Week 20-26:

- Continue flexibility exercises
- Continue isotonic strengthening program
- PNF manual resistance patterns
- Plyometric strengthening
- Progress interval sport programs
- Progress to contact/ collision sports at 6-7 months (physician clearance necessary)

V. Phase V – Return to Activity Phase (Month 6 to 9)

Goals: Gradual return to sport activities
 Maintain strength, mobility and stability

Criteria to enter Phase V:

- 1) Full functional ROM
- 2) Muscular performance isokinetic (fulfills criteria)
- 3) Satisfactory shoulder stability
- 4) No pain or tenderness

Exercises:

- Gradually progress sport activities to unrestrictive participation
- Continue stretching and strengthening program