

TYPE TWO - ROTATOR CUFF REPAIR (DELTOID SPLITTING) MEDIUM TO LARGE TEAR (Greater than 1 cm and Less than 5 cm)

Phase One - Protective Phase (Week 0 - 6)

Goals:

1. Gradual increase in ROM
2. Increase shoulder strength
3. Decrease pain and inflammation

Week 0 - 3

1. Brace or Sling (Physician determines)
2. Pendulum exercises
3. Active assisted ROM exercises (L-Bar Exercises)
 - Flexion to 125 degrees
 - ER/IR (shoulder at 40 degrees abduction) to 30 degrees
4. Passive ROM to tolerance
5. Rope and Pulley - flexion
6. Elbow ROM and Hand gripping exercises
7. Submaximal Isometrics
 - Flexors
 - Abductors
 - ER/IR
 - Elbow Flexors
8. Ice and pain modalities

Week 3 - 6

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

Phase Two - Intermediate Phase (Week 7 - 14)

Goals:

1. Full, non-painful ROM (Week 10)
2. Gradual increase in strength
3. Decrease pain

Week 7 - 10

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

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 sidelying 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 isotonics; if unable, maintain on humeral head stabilizing exercises.

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

Goals:

1. Maintain full, non-painful ROM
2. Improve strength of shoulder
3. Improve neuromuscular control
4. Gradual return to functional activities

Week 15 - 20

1. Continue AAROM exercise with L-Bar (Flexion, ER, IR)
2. Self Capsular stretches
3. Aggressive strengthening program
 - Shoulder flexion
 - Shoulder abduction (to 90 degrees)
 - Supraspinatus
 - ER/IR
 - Elbow flexors / extensors
 - Scapulae muscles

Week 21 - 26

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

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

Goals:

1. Gradual return to recreational sport activities

Week 24 - 28

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