

TYPE ONE - ROTATOR CUFF REPAIR (DELTOID SPLITTING) Small Tear (Less than 1 cm)

Phase One - Protective Phase (Week 0 - 6)

Goals:

1. Gradual return to full ROM
2. Increase shoulder strength
3. Decrease pain

Week 0 - 3

- Sling for comfort (1 - 2 weeks)
- Pendulum exercises 5 x a day, every day
- Active assisted ROM exercises (L-Bar Exercises)
- Rope and pulley for flexion only
- Elbow ROM and Hand gripping exercises
- Isometrics (submaximal, sub-painful isometrics)
 - Abductors
 - External rotators
 - Internal rotators
 - Elbow flexors
 - Shoulder flexors
- 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.

Week 3 - 6

- Progress all exercises (continue all above exercises)
- AAROM L-Bar exercises
 - ER/IR (shoulder at 45 degrees abduction)
- Surgical tubing ER/IR (arm at side)
- Initiate humeral head stabilizing exercis

Phase Two - Intermediate Phase (Week 7 - 12)

Goals:

1. Full, non-painful ROM
2. Improvement of strength and power
3. Increasing functional activities; decreasing residual pain

Week 7 - 10

1. Active assisted range of motion exercises (L-Bar)
 1. Flexion to 170° - 180°
 2. ER/IR performed at 90 degrees abduction of shoulder
 - ER to 75° - 90°
 - IR to 75° - 85°
 3. ER exercises performed with zero degrees abduction
 - ER to 30° - 40°
2. Strengthening exercises for shoulder
 1. Exercise tubing ER/IR arm at side
 2. Isotonics, dumbbell exercises for:
 - Deltoid
 - Supraspinatus
 - Elbow flexors
 - Scapula muscles
3. Upper body ergometer

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

Week 10 - 12

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

Phase Three - 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

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)
 - Shoulder flexion
 - Shoulder abduction
 - Supraspinatus
 - ER/IR
 - Elbow flexors/extensors
 - Scapulae muscles
4. Isokinetic test (modified neutral position) (Week 14)

- ER/IR at 180° and 300° / sec
5. General conditioning program

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

Week 21 - 26

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