

	<p>Ball Squeeze</p> <p>Neck stretches</p> <p>Cardiovascular Fitness Stationary bike with arm sling on</p>
Progression Criteria	<p>Passive ROM forward elevation (flexion) 0°-90°</p> <p>Passive ROM External Rotation (ER)/ Internal Rotation (IR) (scapular plane) 0°-20°</p> <p>Palpable muscle contraction felt in scapular and shoulder musculature</p>

4-6 weeks after surgery

Appointments	2-3 times per week
Rehabilitation Goals	<p>Continue to protect surgical repair</p> <p>Reduce pain and swelling</p> <p>Maintain shoulder Passive ROM</p> <p>Minimize substitution patterns/ compensation movements with Active Assist ROM</p> <p>Patient education</p>
Precautions	<p>No lifting or supporting body weight with hands</p> <p>DO NOT lift any objects over 2kg (till week 6)</p> <p>AVOID EXCESSIVE reaching, external/internal rotation and adduction past midline (till week 6)</p> <p>Continue use of arm sling till week 4 (except during therapy)</p> <p>Avoid running and jumping (or repetitive traction forces on landing)</p> <p>**Avoid scapular retraction with a teres minor repair</p> <p>Shoulder Range (Passive) Forward Elevation (Flexion) 0°-100° External Rotation 0°-25°</p>
Manual Therapy	<p>Supine Passive ROM</p> <p>Effleurage for edema (if require)</p> <p>Soft tissue treatment to surrounding neck and shoulder tissues for comfort</p>
Suggested Therapeutic Exercise	<p>**To continue previous exercises with increased range</p> <p>Mobility Exercises Passive ROM Pendulum exercises Table slides/ Forward Bow</p> <p>Active Assisted ROM Stick/ cane exercise (in supine): Flexion, External Rotation, Internal Rotation Wash cloth press (in supine) Pulley exercises: Flexion and scaption</p> <p>Strengthening</p>



	<p>Rowing (leaning forward onto gymball) Shoulder extensions (leaning forward onto gymball) Isometrics (with arm by the side): Rotator cuff</p> <p>Cardiovascular Fitness Stationary bike with arm sling on</p>
Progression Criteria	<p>Passive ROM forward elevation (flexion) 0°-100° Passive ROM External Rotation/Internal Rotation (scapular plane) 0°-25° Minimal substitution patterns/ compensation movements with Active Assisted ROM</p>

7-8 weeks after surgery

Appointments	2-3 times per week
Rehabilitation Goals	<p>Reduce pain and swelling Gradually increase shoulder PROM/AAROM Improve scapular muscle activation Patient education</p>
Precautions	<p>No lifting of heavy objects > 5kg</p> <p>Shoulder Range (Passive) Forward Elevation (Flexion) 0°-120° External Rotation 0°-30°</p>
Manual Therapy	<p>Effleurage for edema (if require) Soft tissue treatment to surrounding neck and shoulder tissues for comfort Gentle mobilizations (scapular/ Glenohumeral joint) Grade I/II to increase Passive ROM</p>
Suggested Therapeutic Exercise	<p>**To continue previous exercises</p> <p>Active Assisted ROM Stick/ cane exercise (seated): Flexion, External Rotation, Internal Rotation</p> <p>Strengthening Resistance band: Shoulder extension, rowing Sawing External rotation (arm by the side) Serratus punches (supine): punch toward ceiling</p> <p>Cardiovascular Fitness Stationary bike Treadmill jogging</p>
Progression Criteria	<p>Passive ROM forward elevation (flexion) 0°-120° Passive ROM External Rotation/Internal Rotation (scapular plane) 0°-30° Minimal substitution patterns/ compensation movements with Active Assisted ROM</p>

9-12 weeks after surgery

Appointments	2-3 times per week
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Rehabilitation Goals	<p>Reduce pain and swelling Gradually increase shoulder Passive ROM/Active Assisted ROM Initiate Active ROM Improve dynamic shoulder stability Progress periscapular strength Gradually return to full functional activities</p>
Precautions	<p>No lifting of heavy objects > 5kg</p> <p>Shoulder Range (Passive) Forward Elevation (Flexion) 0°-155° External Rotation 0°-45° ABDuction 0°-60°</p> <p>Shoulder Range (Active) Forward Elevation (Flexion) 0°-120°</p>
Manual Therapy	<p>Effleurage for edema (if require) Soft tissue treatment to surrounding neck and shoulder tissues for comfort Gentle mobilizations (scapular/ Glenohumeral joint) Grade I/II to increase Passive ROM</p>
Suggested Therapeutic Exercise	<p>**To continue previous exercises</p> <p>Active ROM Wall climb Supine flexion Salute</p> <p>Strengthening Supine punch: punch toward ceiling Resistance band (supine): shoulder flexion to 0°-90° Resistance band (standing): forward punch Progressive wall push-up Shoulder extension (prone) Bird dog</p> <p>Stretching External rotation (@ 90°) in supine Hands behind head Hand behind back towel stretch (Internal Rotation) Horizontal adduction stretch Internal Rotation self-stretch (side lying) Tricep stretch Pectoral stretch</p> <p>Cardiovascular Fitness Stationary bike Treadmill running Swimming</p>
Progression Criteria	<p>Full pain-free Passive ROM and Active ROM</p>
	<p>Minimal to no substitution patterns with shoulder Active ROM Performs all exercises with symmetrical scapular mechanics</p>



3-4 months after surgery

Appointments	2-3 times per week
Rehabilitation Goals	Maintain pain-free ROM Progress rotator cuff strengthening Progress motor control exercises Enhance functional use of upper extremity
Suggested Therapeutic Exercise	<p>Strengthening</p> <p>Rotator Cuff Side lying External Rotation, ABDuction Standing External Rotation/Internal Rotation with resistance band Standing ABDuction, scaption, flexion with elevation</p> <p>Periscapular T, Y and W exercise Resistance band W exercise Resistance band hug (horizontal ABDuction)</p> <p>Motor Control Bird dog Bird dog with ball stabilization on wall (forward) Shoulder rhythmic stabilization Proprioceptive neuromuscular facilitation</p>
Progression Criteria	Full pain-free Passive ROM and Active ROM External Rotation/Internal Rotation strength minimum 85% of the uninvolved arm External Rotation/Internal Rotation ratio 60% or higher Negative impingement and instability signs Performs all exercises demonstrating symmetric scapular mechanics

> 4 months after surgery

- Gradual return to all activities
- Weight training with light resistance (no overhead press or pull downs)
- Continue push-ups, swimming and running, progression to track
- Train specific to demand of sport/ work
- Transition to home / gym program

References

- Nikolaidou, O., Migkou, S., & Karampalis, C. (2017). Rehabilitation after Rotator Cuff Repair. *The Open Orthopaedics Journal*, 11(1), 154–162. doi: 10.2174/1874325001711010154
- Sgroi, T. A., & Cilenti, M. (2018). Rotator cuff repair: post-operative rehabilitation concepts. *Current reviews in musculoskeletal medicine*, 11(1), 86–91. <https://doi.org/10.1007/s12178-018-9462-7>
- van der Meijden, O. A., Westgard, P., Chandler, Z., Gaskill, T. R., Kokmeyer, D., & Millett, P. J. (2012). Rehabilitation after arthroscopic rotator cuff repair: current concepts review and evidence-based guidelines. *International journal of sports physical therapy*, 7(2), 197–218. Received from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3325631/>