Rehabilitation Protocol: arthroscopic ROTATOR CUFF + SUBSCAPULARIS REPAIR

**⁮ Phase 1 (Weeks 0-4)**

* Sling immobilization with supporting abduction pillow to be worn at all times except for showering and rehab under the guidance of PT
* Range of motion
  + True PROM only to patient tolerance
  + Goals: 140° of forward flexion, 0° of external rotation with elbow at side, 60-80° of abduction without rotation, limit internal rotation to 40° with shoulder in the 60-70° abducted position
  + Maintain elbow at or anterior to mid-axillary line when patient is supine
* Therapeutic exercises
  + Codman exercises/ pendulums
  + Elbow, wrist, hand range of motion
  + Grip strengthening
  + Isometric scapular stabilization
* Heat/ ice before and after physical therapy sessions

**⁮ Phase 2 (Weeks 4-8)**

* Discontinue sling immobilization
* Range of motion
  + 4-6 weeks: gentle passive stretch to reach ROM goals from Phase 1
  + 6-8 weeks: begin AAROM → AROM as tolerated
* Therapeutic exercises
  + 4-6 weeks: begin gentle AAROM exercises (supine), gentle joint mobilizations (grades I/II), continue with Phase 1 exercises
  + 6-8 weeks: progress to active exercises with resistance, shoulder flexion with trunk flexed to 45° in upright position, begin deltoid and biceps strengthening (if tenodesis performed, no biceps strengthening until 8 weeks postop) NO RESISTED INTERNAL ROTATION
* Modalities per PT discretion

**⁮ Phase 3 (Weeks 8-12)**

* Range of motion
  + Progress to full AROM without discomfort
* Therapeutic exercises
  + Continue scapular strengthening and Phase 2 exercises
  + Begin internal and external rotation isometrics
  + Stretch posterior capsule when arm is warmed-up
* Modalities per PT discretion

**⁮ Phase 4 (Months 4-6)**

* Range of motion
  + Full without discomfort
* Therapeutic exercises
  + Advance strengthening as tolerated: isometrics therabands light weights (1-5lbs)
  + Rotator cuff, deltoid, and scapular stabilization 8-12 repetitions/ 2-3 sets
  + Return to sports at 6 months if approved
* Modalities per PT discretion