

Arthroscopic Rotator Cuff

Phase 1 (0-4 weeks for small tears; 0-6 weeks for large tears)

- 1 Pendulums
- 2 Scaption
- 3 Scaption + external rotation to 30 degrees
- 4 Table slides in plane of scapula

Start PT with pain pump in place, to show patient proper technique. Follow-up will be once a week for 4 weeks.

Phase 2 (weeks 4/6- 8 weeks)

- 1 Active assist and active range of motion in all planes
- 2 Submaximal isometrics
- 3 Periscapular mobilization
- 4 Pullies

Some small tears may advance to phase 2 at 3 weeks. Follow-up will be 2-3 times a week for 4 weeks.

Phase 3 (weeks 8-12)

- 1 Periscapular strengthening
- 2 Begin internal and external rotation isometrics

Patient will wear a sling full time for 3-6 weeks as directed. It may be removed for hygiene and exercises.