

TYPE ONE – ROTATOR CUFF REPAIR (DELTOID SPLITTING)
SMALL TEAR (Less than 1 cm)

PHASE I: PROTECTIVE PHASE (WEEK 0-6)

GOALS:

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

WEEK 0-3

1. Sling for comfort (1-2 weeks)
2. Pendulum exercises
3. AAROM exercises (L-bar exercises)
4. Rope and pulley for flexion (only)
5. Elbow ROM, hand gripping
6. Isometrics (submaximal, subpainful isometrics)
 - a. Abductors
 - b. External rotators
 - c. Internal rotators
 - d. Elbow flexors
 - e. Shoulder flexors
7. Pain control modalities (ice, high voltage galvanic stimulation)

**range of motion exercises are employed in a non-painful range, gentle and gradual increased motion to tolerance*

WEEK 3-6

1. Progress all exercises (continue all above exercises)
2. AAROM L-bar exercises ER/IR (shoulder at 45 degrees abduction)
3. Surgical tubing ER/IR (arm at side)
4. Initiate humeral head stabilization exercises

PHASE II: 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. AAROM exercises (L-bar)
 - a. Flexion to 170°-180°
 - b. ER/IR performed at 90° abduction of shoulder
 - ER to 75°-90°
 - IR to 75°-85°
 - c. ER Exercises performed with 0° abduction
 - ER to 30°-40°
2. Strengthening exercises for shoulder
 - a. Exercise tubing ER/IR arm at side
 - b. Isotonics dumbbell exercises for:
 - Deltoid
 - Supraspinatous
 - 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 (scapular plane)
3. Initiate sidelying ER/IR exercises (dumbbell)
4. Initiate neuromuscular scapular control exercises

PHASE III: 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