

TYPE THREE – ROTATOR CUFF REPAIR (DELTOID SPLITTING)
LARGE TO MASSIVE TEAR (greater than 5 cm)

PHASE I: PROTECTIVE PHASE (WEEK 0-8)

WEEK 0-4

1. Brace or sling (physician determines)
2. Pendulum exercises
3. PROM to tolerance
 - a. Flexion
 - b. ER/IR (shoulder at 45° abduction)
4. Elbow ROM
5. Hand gripping exercises
6. Continuous passive motion (CPM)
7. Submaximal isometrics
 - a. Abductors
 - b. ER/IR
 - c. Elbow flexors
8. Gentle AAROM with L-bar at week 2

WEEK 4-8

1. Discontinue brace or sling
2. Continue pain modalities
3. AAROM exercises
 - a. Flexion to 100°
 - b. ER/IR (performed at 45° abduction) 40°

PHASE II: INTERMEDIATE PHASE (WEEK 8-14)

GOALS:

1. Establish full ROM (week 12)

2. Gradual increase in strength
3. Decrease pain

WEEK 8-10

1. AAROM L-bar exercises
 - a. Flexion to tolerance
 - b. ER/IR (performed at 90° shoulder abduction) to tolerance
2. Initiate isotonic strengthening
 - a. Deltoid to 90°
 - b. ER/IR sidelying
 - c. Supraspinatus
 - d. Biceps/triceps
 - e. Scapular muscles

WEEK 10-14

1. Full ROM desired by week 12-14
2. Continue all exercises listed above
3. Initiate neuromuscular control exercises

**If patient is unable to elevate arm without shoulder hiking (scapulothoracic substitution),
the maintain on humeral head stabilizing exercises*

PHASE III: ADVANCED STRENGTHENING PHASE (WEEK 15-26)

GOALS:

1. Maintain full, non-painful ROM
2. Improve strength of shoulder
3. Improve neuromuscular control
4. Gradual return to functional activities

WEEK 15-20

1. Continue AAROM exercises with L-bar (Flexion, ER, IR)
2. Self capsular stretches

3. Aggressive strengthening program
 - a. Shoulder flexion
 - b. Shoulder abduction (to 90°)
 - c. Supraspinatus
 - d. ER/IR
 - e. Elbow flexors/extensors
 - f. Scapular stabilization
4. Conditioning program

WEEK 21-26

1. Continue all exercises listed above
2. Isokinetic test (modified neutral position) for ER/IR at 180° and 300°/second
3. Initiate interval sport program

PHASE IV: RETURN TO ACTIVITY PHASE (WEEK 24-28)

GOALS:

1. Gradual return to recreational sport activities

WEEK 24-28

1. Continue all strengthening exercises
2. Continue all flexibility exercises
3. Continue progression on interval programs