

**TYPE TWO – ROTATOR CUFF REPAIR (DELTOID SPLITTING)**  
**MEDIUM TO LARGE TEAR (greater than 1 cm and less than 5 cm)**

**PHASE I: PROTECTIVE PHASE (WEEK 0-6)**

**GOALS:**

1. Gradual increase in ROM
2. Increase shoulder strength
3. Decrease pain and inflammation

**WEEK 0-3**

1. Brace or sling (physician determines)
2. Pendulum exercises
3. AAROM exercises (L-bar exercises)
  - a. Flexion to 125°
  - b. ER/IR (shoulder at 40° abduction) to 30 degrees
4. PROM to tolerance
5. Rope and pulley flexion
6. Elbow ROM and hand gripping exercises
7. Submaximal isometrics
  - a. Flexors
  - b. Abductors
  - c. ER/IR
  - d. Elbow flexors
8. Ice and pain modalities

**WEEK 3-6**

1. Discontinue brace or sling
2. Continue all exercises listed above
3. AAROM exercises
  - a. Flexion to 145°

- b. ER/IR (performed at 65° abduction) range to tolerance

**PHASE II: INTERMEDIATE PHASE (WEEK 7-14)**

**GOALS:**

1. Full, non-painful ROM (week 10)
2. Gradual increase in strength
3. Decrease pain

**WEEK 7-10**

1. AAROM L-bar exercises
  - a. Flexion to 160°
  - b. ER/IR (performed at 90° shoulder abduction) to tolerance (>45°)
2. Strengthening exercises
  - a. Tubing exercises ER/IR (arm at side)
  - b. Initiate humeral head stabilizing exercise
  - c. Initiate dumbbell strengthening exercises
    - Deltoid
    - Supraspinatous
    - Elbow flexion/extension
    - Scapular muscles

**WEEK 10-14**

1. Continue all exercises listed above
2. Initiate isokinetic strengthening (scapular plane)
3. Initiate sidelying ER/IR strengthening exercises
4. Initiate neuromuscular control exercises for scapula

*\*patient must be able to elevate arm without shoulder and scapular hiking before initiating isotonic; if unable, 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



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