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Rotator Cuff Partial Thickness Tear Debridement Rehabilitation Guidelines

Phase I Early Motion

Post-Op Weeks 0-2

Goals

1. Retard atrophy
2. Decrease pain and inflammation
3. Full ROM within 14 days

Activities

1. Codman's Pendulum exercise
2. Pain-free AAROM - all planes
3. Exercises
 4. Front raises - begin AROM progress to PREs
 5. Lateral raises - begin AROM progress to PREs
 6. Biceps curls - light
 7. Wrist Program - to tolerance
 8. Aerobic conditioning
 9. Posterior capsule stretch
4. Rhythmic stabilization

Phase II Intermediate Phase

Post-Op Weeks 3-6

Goals

1. Promote healing
2. Increase base strength

Criteria to progress to Phase II

1. Minimal pain and inflammation
2. Full ROM

Activities

10. Continue with previous exercises
11. Additional Exercises
 12. Empty can - supraspinatus
 13. Wall > table > floor push-ups
 14. Manual resistance scapula
 15. Scapular exercises
3. IR/ER - neutral
4. Initiate Hughston exercises Week 5
5. Initiate PNF Week 5
6. Initiate strength/conditioning with modifications for injury

Phase III Advanced Phase

Post-Op Weeks 7-8

Goals

1. 90% cuff strength Week 8
2. Prepare athlete to begin to throw

Criteria to progress to Phase III

1. No pain with strengthening exercises
2. Improving strength

Activities

16. Continue with previous exercises
17. Additional activities
 18. flies or bench press
 19. uninvolved arm may start throwing program
3. Initiate isokinetic IR/ER
4. Initiate plyometric progression
5. Thrower's Ten exercises to include 90/90 shoulder work

Phase IV Return to Activity

Post-op Weeks 9-12

Goal

1. Progressively increase activities to prepare athlete for full functional return

Criteria to progress to Phase IV

1. 90% rotator cuff strength
2. Satisfactory isokinetic test, clinical exam and Physician's approval for return to throwing

Activities

1. Continue Throwers Ten exercises
2. Continue plyometric exercises
3. Continue isokinetic exercises
4. Interval Throwing Program (ITP) 8 weeks post-op per satisfactory clinical exam, isokinetic test, and physician approval. Please contact us if a copy of the ITP is needed.
5. Initiate hitting progression when athlete can throw 90 feet pain free