



Physical Therapy– Arthroscopic Rotator Cuff Repair, MOON Immediate Protocol

Diagnosis: R / L arthroscopic rotator cuff repair

Date of Procedure: _____

Frequency: 2-3 Times Per Week for ____ weeks, **beginning 2 weeks after surgery**

Weeks 0-2: *period of protection, NO THERAPY for 2 weeks*

- **Sling with abduction pillow at all times except hygiene for 2 weeks**
- **Range of Motion:** *No shoulder ROM allowed; elbow/forearm/wrist/hand motion ONLY*
- **Exercises:** pendulums and grip strengthening; NO shoulder strengthening, or motion exercises permitted

Weeks 2-4:

- **Continue sling with abduction pillow**
- **Range of motion:** PROM only, including FF, ER, and ABD within a comfortable range; *NO AROM/AAROM*
- **Exercises:** continue pendulums; begin scapular exercises including elevation with shrugs, depression, retraction, and protraction
- **Modalities:** per therapist to include e-stem, ultrasound, heat before and ice following therapy

Weeks 4-8:

- **Discontinue sling with abduction pillow at 6 weeks**
- **Range of motion:** progress to PROM and begin AAROM slowly
 - o **Week 4-5:** perform while supine
 - o **Week 5-6:** perform while back is propped up to 45 degrees
 - o **Week 6+:** advance to upright position
 - o *Utilize unaffected arm, stick, or cane to move postoperative arm into FF, ER, and Abd*
- **Exercises:** progress from above, no strengthening yet
- **Modalities:** per therapist to include e-stem, ultrasound, heat before and ice following therapy

Weeks 8-12:

- **Range of Motion:** Begin AROM in all planes with slow, graduated progression
- **Therapeutic Exercises:** begin isometric exercises with use of pillow or folded towel under arm without moving the shoulder); *no resistance exercises until 12 weeks after surgery*
- **Modalities:** per therapist to include e-stem, ultrasound, heat before and ice following therapy

Weeks 12-16:

- **Range of Motion:** progress to full, painless, AROM
- **Therapeutic Exercises:** begin gentle resistance exercises, including resisted scapular strengthening with resistance exercises with elastic band or hand weights, RTC strengthening, deltoid strengthening; these should be done 3 days/week with rest between sessions, ***no full or empty can exercises as these place too much stress on the RTC***
- **Modalities:** per therapist to include e-stem, ultrasound, heat before and ice following therapy