

# SPECTRUM MEDICAL

Surgical Date: \_\_\_\_\_

Rehab Start Date: \_\_\_\_\_

Small RTC Repair Protocol

## Arthroscopic Assisted - Mini-Open Repair - Small to Medium Tears (1 cm or less)

### Phase I - Immediate Post-Surgical Phase (Day 1-10)

**GOALS:** Maintain Integrity of the Repair  
Gradually Increase Passive Range of Motion  
Diminish Pain and Inflammation  
Prevent Muscular Inhibition

#### **DAY ONE TO SIX:**

- Sling
- Pendulum Exercises
- Active Assisted ROM Exercise (L-Bar)
  - ER/IR in Scapular Plane
- Passive ROM
  - Flexion to tolerance
  - ER/IR in Scapular Plane
- Elbow/Hand Gripping & ROM Exercises
- Sub-maximal Pain free Isometrics
  - Flexion
  - Abduction
  - External Rotation
  - Internal Rotation
  - Elbow Flexors
- Cryotherapy for Pain and Inflammation → Ice 15-20 minutes every hour
- Sleeping → Sleep in Sling

#### **DAY SEVEN TO TEN:**

- Discontinue Sling at Day 7 to 10
- Pendulum Exercises (Flexion, Circles, etc)
- Progress Passive ROM to Tolerance
  - Flexion to at least 115 degrees
  - ER in Scapular Plane to 45-55 degrees
  - IR in Scapular Plane to 45-55 degrees
- Active Assisted ROM Exercises (L-bar)
  - ER/IR in Scapular Plane
  - Flexion to Tolerance\*

\*Therapist Provides Assistance by Supporting Arm
- Continue Elbow/Hand ROM & Gripping Exercises
- Continue Isometrics
  - Flexion with Bent Elbow
  - Extension with Bent Elbow
  - Abduction with Bent Elbow
  - ER/IR with Arm in Scapular Plane
  - Elbow Flexion
- May initiate ER/IR tubing at 0 degrees Abduction, if patient exhibits necessary AROM
- Continue Use of Ice for Pain Control → Use Ice at least 6-7 times daily
- Sleeping → Continue Sleeping in Sling until Physician Instructs (Usually Day 7)

**PRECAUTIONS:** 1. No Lifting of Objects  
2. No Excessive Shoulder Motion Behind Back

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3. No Excessive Stretching or Sudden Movements
4. No Supporting of Body Weight by Hands
5. Keep Incision Clean & Dry

## Phase II - Protection Phase (Day 11 - Week 5)

**GOALS:** Allow Healing of Soft Tissue  
Do Not Overstress Healing Tissue  
Gradually Restore Full Passive ROM (Week 2-3)  
Re-Establish Dynamic Shoulder Stability  
Decrease Pain & Inflammation

### **DAY 11-14:**

- Passive Range of Motion to Tolerance
  - Flexion 0-145/160 degrees
  - ER at 90 degrees abduction to at least 75-80 degrees
  - IR at 90 degrees abduction to at least 55-60 degrees
- Active Assisted ROM to Tolerance
  - Flexion
  - ER/IR in Scapular Plane
  - ER/IR at 90 degrees Abduction
- Dynamic Stabilization Drills
  - Rhythmic Stabilization Drills
    - ER/IR in Scapular Plane
    - Flexion/Extension at 100 degrees Flexion
- Continue Isotonic ER/IR with Tubing
- Initiate Prone Rowing, Elbow Flexion
- Initiate Active Exercise (Flexion, Abduction)
- Continue Use of Cryotherapy

### **WEEK 3 - 4:**

- Patient should exhibit full passive range of motion, nearing full active range of motion
- Continue all exercises listed above
- Initiate Scapular Muscular Strengthening Program
- Initiate Sidelying ER Strengthening (Light Dumbbell)
- Initiate Isotonic Elbow Flexion
- Continue use of ice as needed
- May use pool for light ROM exercise

### **WEEK 5:**

- Patient should exhibit full active range of motion
- Continue AAROM and Stretching exercises
- Progress Isotonic Strengthening Exercise Program
  - ER Tubing
  - Sidelying IR
  - Prone Rowing
  - Prone Horizontal Abduction
  - Shoulder Flexion (Scapular Plane)
  - Shoulder Abduction
  - Biceps Curls

**PRECAUTIONS:** 1. No Heavy Lifting of Objects

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2. No Supporting of Body Weight by Hands & Arms
3. No Sudden Jerking Motions

## **Phase III - Intermediate Phase (Week 6-12)**

**GOALS:** Gradual Restoration of Shoulder Strength & Power  
Gradual Return to Functional Activities

### **WEEK 6:**

- Continue Stretching & PROM (as needed to maintain full ROM)
- Continue Dynamic Stabilization Drills
- Progress Isotonic Strengthening Program
  - ER/IR Tubing
  - ER Sidelying
  - Lateral Raises
  - Full Can in Scapular Plane
  - Prone Rowing
  - Prone Horizontal Abduction
  - Prone Extension
  - Elbow Flexion
  - Elbow Extension
- If physician permits, may initiate **Light** functional activities

### **WEEK 8-10:**

- Continue all exercise listed above
- Progress to Fundamental Shoulder Exercises
- Initiate Interval Golf Program (Slow Rate of Progression)

## **Phase IV Advanced Strengthening Phase (Week 12-20)**

**GOALS:** Maintain Full Non-Painful Active ROM  
Enhance Functional Use of UE  
Improve Muscular Strengthen & Power  
Gradual Return to Functional Activities

### **WEEK 12:**

- Continue ROM & Stretching to maintain full ROM
- Self Capsular Stretches
- Progress Shoulder Strengthening Exercises
  - Fundamental Shoulder Exercises
- Initiate Swimming or Tennis Program (if appropriate)

### **WEEK 15:**

- Continue all exercises listed above
- Progress Golf Program to playing golf (if appropriate)

## **Phase V Return to Activity Phase (Week 20 - 26)**

**GOALS:** Gradual Return to Strenuous Work Activities  
Gradual Return to Recreational Sport Activities

### **WEEK 20:**

- Continue Fundamental Shoulder Exercise Program (at least 4 times weekly)
- Continue Stretching, if motion is tight
- Continue Progression to Sport Participation