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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
  - Front raises - begin AROM progress to PREs
  - Lateral raises - begin AROM progress to PREs
  - Biceps curls - light
  - Wrist Program - to tolerance
  - Aerobic conditioning
  - 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**

1. Continue with previous exercises
2. Additional Exercises
  - Empty can - supraspinatus
  - Wall > table > floor push-ups
  - Manual resistance scapula
  - 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**

1. Continue with previous exercises
2. Additional activities
  - flies or bench press
  - 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