

# Orthopaedic Sports Specialists, P.C.

Michael E. Joyce, M.D.

84 Glastonbury Blvd., Suite 101, Glastonbury, Connecticut 06033

Voice: 860-652-8883, Fax: 860-652-8887

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## **Type II Repair: - Medium Size Tears -**

### **All Arthroscopic or Mini-Open Surgical Procedures**

**(Greater than 1 cm and Less than 5 cm)**

**Supraspinatus and into the Infraspinatus**

### **Post Operative Rehabilitation Protocol:**

#### **I. Phase One - Protective Phase (week 0-6)**

- Goals:** (1) *Gradual increase in ROM*  
(2) *Increase shoulder strength*  
(3) *Decrease pain and inflammation*

#### **A. Week 0-3**

1. Brace or sling (Physician determines)
2. Pendulum exercises.
3. Active Assisted Range of motion exercises (L-bar exercise)
  - a. Flexion to 125 degrees
  - b. ER/IR (shoulder at 40 degrees abduction) to 30 degrees)
4. Passive Range of motion to tolerance
5. Rope and pulley - flexion
6. Elbow Range of motion and hand gripping exercises
7. Submaximal isometrics
  - a. Flexors
  - b. Abductors
  - c. ER/IR
  - d. Elbow Flexors
8. Ice and pain modalities

#### **B. Week 3-6**

1. Discontinue brace or sling
2. Continue all exercises listed above
3. AAROM exercises
  - a. flexion to 145 degrees
  - b. ER/IR (performed at 65 degrees abduction)  
“range to tolerance”



## **II. Phase Two - Intermediate Phase (Week 7-14)**

- Goals:**
- (1) *Full, nonpainful ROM (Week 10)*
  - (2) *Gradual increase in strength*
  - (3) *Decrease pain*

### **A. Week 7-10**

1. AAROM L-bar exercises
  - a. Flexion to 160 degrees
  - b. ER/IR (performed at 90 degrees shoulder abduction) to tolerance greater than 45 degrees)
2. Strengthening exercises
  - a. exercise tubing ER/IR arm at side
  - b. initiate humeral head stabilizing exercises
  - c. Initiate \*dumbbell strengthening exercises for:
    - Deltoid
    - Supraspinatus
    - Elbow flexion/extension
    - Scapulae muscles

### **B. Week 10-14 (Full range of motion desired by Week 10-12)**

1. Continue all exercises listed above
2. Initiate isokinetic strengthening (scapular plane)
3. Initiate side-lying ER/IR exercises (dumbbell)
4. Initiate neuromuscular control exercises for scapular

*\* Patient must be able to elevate arm without shoulder and scapular hiking before initiating isotonic; if unable, maintain on humeral head stabilizing exercises.*

### **III. Phase Three - Advanced Strengthening Phase (Week 15-26)**

- Goals:** (1) *Maintain full, non-painful Range of motion*  
(2) *Improve strength of shoulder*  
(3) *Improve neuromuscular control*  
(4) *Gradual return to function activities*

#### **A. 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 degrees )
  - c. supraspinatus
  - d. ER/IR
  - e. Elbow flexors/extensors
  - f. Scapulae muscles
4. Conditioning program

#### **B. Week 21-26**

1. Continue all exercises listed above
2. Isokinetic test (modified neutral position) for ER/IR at 180 and 300 degrees/sec
3. Initiate interval sport program

### **IV. Phase Four - Return to Activity Phase (Week 24-28)**

- Goals:** (1) *Gradual return to recreational sport activities*

#### **A. Week 24-28**

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