



317-208-3866

**BADMAN TYPE I (SMALL) ARTHROSCOPIC ROTATOR CUFF
REPAIR (< 1 CM)**

Phase I- Protective Phase (Week 0 – 6)

Goals:

- Maintain integrity of repair
- Gradual return to full PROM/AAROM
- Increase shoulder strength
- Decrease pain

Weeks 0 – 4:

- Sling for protection and comfort (3-4 weeks)
- Elbow/wrist ROM exercises, hand gripping
- PROM to tolerance in flexion, ER/IR in scapular plane and ER/IR at 90° abduction
- Strengthening:
 - Rhythmic Stabilization drills (after 7 days post op):
 - Flexion/Extension at 90-100 degrees of flexion in supine
 - IR/ER at 30 degrees scaption
 - Sub-maximal/pain-free isometrics (all with bent elbow and after 14 days post op):
 - ER/IR
 - Extension
 - Bicep
 - Scapular clocks/scapular PNF
- Pain-control modalities

Weeks 5 – 6:

- Maintain full PROM
- Begin AAROM
 - Flexion to tolerance
 - ER/IR to tolerance in scapular plane
- Strengthening:
 - Continue/progress rhythmic stabilization drills

Phase II – Intermediate Phase (7 – 12 Weeks)

Goals:

- Full, non-painful ROM

- Improve strength and power
- Increase functional activities; decrease residual pain

Weeks 7 – 8:

- Maintain full PROM, AAROM and begin AROM
- AROM to full by 8 weeks
 - Flexion to 90 degrees, progress if no hiking and good mechanics
 - ER/IR as tolerated
 - Abduction when full Flexion is obtained
- Strengthening:
 - Sidelying ER @ 0° abduction no weight -- **NO ELASTIC RESISTANCE**
 - Isotonics (light):
 - Prone rows to neutral arm position
 - Prone horizontal abduction
 - Bicep/tricep
 - Flexion to 90 degrees
 - Prone extension

Weeks 8– 12:

- Continue ROM and self-capsular stretching if necessary
- Strengthening:
 - Isotonics (Progress weight/avoid elastic resistance):
 - Prone rows to neutral arm position
 - Prone horizontal abduction
 - Bicep/tricep
 - Flexion to 90 degrees
 - Prone extension
 - Begin general shoulder strengthening with precautions:
 - Latissimus pulls with narrow grip and arms in front of body
 - Chest press with light dumbbells keeping elbows anterior to shoulder
 - Machine rows
 - Military press with light dumbbells and arms in front only
 - May begin closed chain stabilization drills

Phase III – Advanced Strengthening Phase (Weeks 13 – 16)

Goals:

- Maintain full, non-painful ROM
- Improve shoulder complex strength
- Improve neuromuscular control
- Gradual return to functional activities

Weeks 13 – 16:

- Continue flexibility, strength, stabilization and plyometric exercises
- Isokinetic strength test for ER/IR in neutral at 180°/ sec and 300°/sec

- Initiate interval sport program
- Plyometric program (2 handed → 1handed)

Phase IV – Return to Activity Phase (Weeks 17 – 24)

Goals:

- Maintain shoulder ROM, strength and neuromuscular control
- Gradual return to recreational sport activities
- Gradual return to strenuous occupational activities

Weeks 17 – 24:

- Continue flexibility, strength, stabilization and plyometric exercises
- Continue with interval sport program and progress to return to play when released

Criteria for return to play:

- Physician approval
- Full, non-painful ROM
- Satisfactory strength test
- Satisfactory clinical exam
- Satisfactory completion of interval sport program