

ACROMIOPLASTY AND ROTATOR CUFF REPAIRS
(small to medium tears)

- SLING** - 2 to 3 weeks
- Week 1**
- Elbow, wrist and hand – full active ROM
 - Shoulder pendulum exercises
 - Active assisted external rotation (broom handle) in lying with rolled towel under elbow
 - Self assisted shoulder elevation while lying
 - ROM pulleys
 - Shoulder extension past neutral using broom handle
- Week 2-3**
- Bicep/Tricep gentle strengthening as tolerated (no shoulder movement)
 - Scapular strengthening (retraction, prone row & extensions to midline)
 - Passive ROM using upper body ergometer (upper body exercise) at slow speed
- Week 4**
- Slow active shoulder exercise – no weights:
 - supine broom handle press up (assistance from normal arm), progress to supine pendular exercises
 - bent-over elevation exercises (forward, backward, outward)
 - side lying external rotation
- Week 5-6**
- If there is adequate pain control, and good active ROM (forward elevation above 90 degrees, outward rotation 40 degrees) begin elastic tubing exercises with elbow against side
 - Active upper body exercise as tolerated – below shoulder level.
- Week 6**
- Shoulder stretching/mobilizations
 - Progress ROM in all directions.
- Week 8**
- Advanced strengthening – strengthening above horizontal if the rotator cuff is strong enough and there is adequate ROM
 - Closed chain exercise: wall push-ups
- Week 10**
- Close grip press ups
 - Proprioceptive training: physio-ball, ball toss, balance
- Week 12** - Activity/Work specific exercises

Acromion.rtc.rehab.may05