**Table 2.** Proposed conservative (CR) and accelerated (AR) rehabilitation protocols for the groups, following rotator cuff repair.

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| --- | --- | --- | --- | --- |
| Phase | Goals | Treatment Guidelines | CR | AR |
| Phase 1: Immobilization | Protect repair site, manage pain & allow healing, gentle scapula exercises | * Complete immobilization
* Cryotherapy
* Scapular retractions, cervical ROM, elbow/hand ROM grip strengthening exercises
 | 0 – 6 weeks | 0 – 3 weeks |
| Phase 2: Passive ROM | Restore pain-free ROM, passive forward flexion >120°, passive internal/external rotation >75°, abduction >90°. | * Completed self-managed at home, 3 x per day
* Therapist-guided passive ROM: 'cradle the arm' and 'rock the baby',
* Codman’s pendulum exercise,
* Internal/external rotation ('open the gate')
* Scapular retractions, cervical ROM, elbow/hand ROM grip strengthening exercises
 |  6 weeks  | 0 – 3 weeks |
| Phase 3: Stretching, Active-assisted ROM & Active ROM  | Restore full, pain-free active ROM, restore normal scapula control / kinematics | * Completed self-managed at home, 3 x per day
* Active-assisted ROM using uninvolved arm, overhead pulleys, wand/cane exercises, & TheraBands.
* Active ROM: Spider crawl exercise (elevation/depression of hand up wall), elevation, fitball clocks, supine forward elevation / abduction → standing.
* Scapular retractions, cervical ROM, elbow/hand ROM grip strengthening exercises
 | 6 weeks | 4 weeks |
| Phase 3: Strengthening | Continued glenohumeral ROM, rotator cuff strengthening, scapula strengthening | * Supervised rehabilitation twice per week & self-managed at home alternate days, 3 x per day
* Isometric rotator cuff exercises
* Isotonic rotator cuff exercises, e.g. internal / external rotation using TheraBands, dumbbells
* Isotonic scapula exercises, e.g. scapula retractions / protractions / shrugs using TheraBands, dumbbells
* CKC stability exercises e.g. wall pushups, quadruped
 | 12 weeks | 8 weeks |
| Phase 4: Progressive strengthening & Sport-specific exercises | Advance upper limb strength, increase functional exercise, return to work / sport | * Continue phase 3 rehabilitation as required
* Advanced isotonic rotator cuff exercises e.g. exercises in 45° - 90° abduction
* Advanced isotonic scapula exercises e.g. unilateral rows / punches, push-ups
* Rhythmic perturbation / stabilization exercises e.g. body blade, ‘statue of liberty’
* Plyometric exercises
 | 16 weeks | 12-16 weeks |

ROM = range of motion; CKC = closed kinetic chain exercises;