

## Rotator Cuff Repair Post-Op Protocol

\*\*\*These are just guidelines, care should be individualized and focus should be placed on progression rather than concrete timeline - rotator cuff recovery is typically a 6 - 12 month process\*\*\*

### **PROTECTIVE PHASE (0 - 8 WEEKS)**

#### **0 - 6 WEEKS**

- Fit sling
- Begin passive IR (chest) and ER (30)
- Begin pendulums @ 4 weeks
- Perform gripping exercises
- Elbow flexor isometrics
- Ice/modalities
- Start gentle PROM with L-bar @ 6 weeks

#### **6 - 8 WEEKS**

- d/c brace and sling
  - PROM with L-BAR, progress to AAROM with L-Bar (flexion to 100 deg)
  - Continue pain modalities
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### **INTERMEDIATE PHASE (8 - 14 WEEKS)**

**GOALS: ESTABLISH ROM @ 75% BY 12 WEEKS (PASSIVE), INCREASE STRENGTH, ISOMETRICS FOR IR/ER/ABD, DECREASE PAIN**

#### **8 - 10 WEEKS**

- Perform AAROM L-Bar, flexion AT, ER/IR to tolerance
- Begin Isometric strengthening (deltoid to 90, IR/ER side-lying, supraspinatus, bi/tri, scapular muscles)

#### **10 - 14 WEEKS**

- Continue all exercises as above working to full ROM
- Begin Neuromuscular control exercises \*\*\*if patient is unable to elevate without shoulder hiking, maintain on humeral head stabilizing exercises\*\*\*



**PHASE 3 - ADVANCED STRENGTHENING PHASE  
(15 WEEKS TO 6 MONTHS)**

**GOALS - GAIN FULL ROM, IMPROVE STRENGTH, IMPROVE NM CONTROL,  
GRADUAL RETURN TO FUNCTIONAL ACTIVITY**

**UP TO 6 MONTHS**

- Continue AAROM with L-BAR, all planes
  - Self-scapular stretches
  - Begin aggressive strengthening program - flexion, abduction, Ssp, IR/ER, bi/tri, scapular strengthening, begin conditioning
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**RETURN TO ACTIVITY PHASE (>6 MONTHS)**

**GOALS - GRADUAL RETURN TO ACTIVITY**

**>6 MONTHS**

- Continue all strengthening and flexibility exercises
- Continue to interval program, may swing golf clubs