

**ROTATOR CUFF REPAIR
POST-OP REHABILITATION
JAMES PATTERSON, MD**



Post-Op

In splint or sling/swath

Post-op week 1 1/2

Initiate outpatient therapy
Pendulum exercises
PROM for forward flexion in scapular plane
AAROM - AROM to elbow, forearm and fingers

Post-op weeks 2 - 3

AAROM for shoulder - performed by patients with active assistance other extremity - i.e. supine
45 degrees assisted flexion, free weight pulleys, external rotation with wand, scapular
retraction versus wall.
Progress PROM to all planes
Scapular stabilization activities
Distal PRE program

Post-op Weeks 4 - 5

Initiate AROM
Isometrics
Pool exercises
Internal Rotation with towel

Post-op week 6

Progress isotonic strengthening

Physician Signature