

**SIMPLE ROTATOR CUFF REPAIR  
REHABILITATION PROTOCOL  
Dr. Michael Thomas Edgerton**

Patient to be seen 2-3x/week, starting on 2<sup>nd</sup> post-op day

**Post-op Weeks 1-6**

PROM shoulder exercises

Manual PROM, table glides, pendulums, pulley, doorway ER stretch

Scapular AROM

Elbow, forearm, and wrist AROM

Modalities for pain control as needed

Sling x 6 weeks

**Post-op Week 7**

AAROM & AROM shoulder exercises

Standing, supine, and prone

Continue manual ROM as needed

Continue modalities as needed

Progress to light strengthening as tolerated

Progress functional exercises as tolerated

Continue modalities as needed

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Physician Signature

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Date