



Dr. McDonald and Dr Nieman  
**ROTATOR CUFF REPAIR**  
**OPEN ANTERIOR 1/3 ACROMIOPLASTY**  
**REHABILITATION PROTOCOL**

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

**Post-op day 1-28 (weeks 1-4)**

- PROM shoulder exercises
  - Manual PROM, table glides, pendulums
- Progress to AAROM as tolerated
  - Pulley, wand, wall climb)
- Scapular AROM
- Elbow, forearm and wrist AROM
- Modalities for pain control as needed
- Gradually decrease use of sling
- Sling x 4 weeks (Dr. McDonald and Dr Nieman)

**Post-op days 29-42 (weeks 5 & 6)**

- AROM shoulder exercises
  - standing, supine and prone
- Progress to light strengthening as tolerated
- Continue manual ROM as needed
- Continue modalities as needed

**Post-op day 43 (week 6+)**

- Begin strengthening with isotonic exercises
- Progress functional exercises as tolerated
- Continue modalities as needed

\_\_\_\_\_  
Physician Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Physician Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Physician Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Physician Signature

\_\_\_\_\_  
Date