

**ROTATOR CUFF REPAIR
SMALL TO MEDIUM TEAR
POST-OP REHABILITATION PROTOCOL
Dr. SANKO**



*Please note on prescription if any deviation from protocol is preferred.

0-4 Weeks

Immobilization in sling
Initiate shoulder PROM - forward elevation and external rotation
Pendulum exercises
AROM of elbow, wrist, forearm and hand with elbow at side
Active scapular exercises (shrugs and retraction)
Grade I and II glenohumeral and scapulothoracic joint mobilization for pain control
Modalities PRN
Scar management following staple removal

4-8 Weeks

D/C sling
Continue above stretches
Initiate PROM - internal rotation, cross body abduction, and extension
 Gradually work toward pure abduction
Initiate AAROM - progress to AROM as able
Grade II and III glenohumeral/scapulothoracic joint mobilizations
Scapular strengthening below shoulder level
Initiate light strengthening for shoulder IR, ER, and Extension when
 full AROM is achieved (theraband)
Modalities PRN
Pool therapy PRN

8-12 Weeks

PROM/AAROM/AROM of shoulder with emphasis on end range
Initiate deltoid and supraspinatus strengthening - progress to rotator cuff
Scapular strengthening
Bodyblade/plyometrics
Appropriate variable resistance and/or gentle free weight resistance as tolerated

12-16 Weeks

Work/sport specific exercises PRN
Work hardening PRN
Return to work/sport as directed by physician