

**ROTATOR CUFF REPAIR  
SMALL TO MEDIUM TEAR  
POST-OP REHABILITATION PROTOCOL  
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\*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