



***ROTATOR CUFF REPAIR
POSTOPERATIVE PROTOCOL***

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Board-certified, Attending Orthopaedic Surgeon

Fellowship-trained in Sports Medicine and Arthroscopy

Sling (except during PT and washing):

Small tear: sling x 2 weeks at all times, then 2 weeks for activities

Medium tear: sling x 4 weeks at all times, 2 weeks for activities

Large/Massive tear: sling x 6 weeks with abduction pillow, at all times

Motion:

Week 0-2: Pendulum exercises, elbow/wrist/hand ROM

Week 2-3: supine PROM: flex to 130, abduction to 40, ER 45 degrees

Start stationary bike

Week 3-6: Passive/Active-assistive ROM: flex to 150, abd to 70, ER to 45 degrees

Start aquatherapy if available

After wk 6: P/AAROM: flex to 180, abduction and ER to tolerance

Begin active ROM, progress to full AROM as comfort allows

Strengthening:

Week 6: Only small/medium tears: Gentle strengthening; isometrics (pain-free)

Week 8: Begin large tear, gentle strengthening

Week 10: Initiate full strengthening program

i.e.: theraband ER/IR, sidelying ER; deltoid lateral raise; periscapular strengthening

If you have any questions, please contact our clinic.