

Rotator Cuff Repair Rehab

Small to Medium Size

Phase I- (0-6 weeks) Sling for variable period of time

PROM only - begin immediately post op in the supine position for elevation and ER, progressing to upright.

No Active abduction.

No Biceps curls

No Internal Rotation stretching past buttock.

Goal: Progress to within 10-15 degrees of normal side PROM before progressing to Phase II

Phase II- (6-10 weeks) Wean from sling over 2 weeks.

Begin Active and Active-assisted Range of Motion (AAROM/AROM)

Hygiene: brushing teeth, combing hair, makeup, etc.

Return to the supine position to start and progress to upright.

Begin internal rotation stretching past buttock.

Goal: Progress to within 10-15 degrees AROM of normal side prior to Phase III

NO Resistance for first 3 months.

Phase III- Resisted phase (10-12 weeks)

Begin **slowly** with isometrics and progress to forward flexion in scapular plane with thumb up along with gentle IR, ER with elbow at the side.

Shoulder shrugs, seated rows.

NO pushing activities (bench press, forward press, military press, pushups, press-ups, etc)

Avoid abduction and impingement positions

NO long lever arms

May do **light** pulling exercises (seated rows, light lat pulls)

Goal: Progress to home exercise program with tubing.

Later Goals (after 3 months):

Terminal stretching and strength as tolerated

No overhead sports for 6 months.

Golf at 5-6 months depending on size of tear and age.