Department of Orthopaedic Surgery

Sports Medicine and Shoulder Service

Rotator Cuff Repair Rehab Protocol Prescription

Patient Name: Date:

Diagnosi s: Rot ator cuf f tear Frequ ency: 2 -3 visits /week Du r ation : 4 months

Weeks 1-4: Rest and Healing

Sling Immobilizer: At all times except exercises

HEP: Distal ROM with scapular retraction

Manual scapular manipulation with patient lying on non-operative side

Supine passive FF in scapular plane to 120 deg

Supine passive ER to 30 deg

Weeks 4-6: Protective/Early Motion Phase

Sling Immobilizer: At all times except exercises (may d/c after 6 weeks)

PROM: Forward flexion in scapular plane - No limits

External rotation 45 deg

Internal rotation 30 deg

Therapeutic exercises: Codmans, wand exercises

Strengthening: RTC isometrics with arm in 0 deg abduction and neutral rotation

Scapular stabilization, no resistance

Abdominal and trunk exercises

Weeks 7-12: Early Strengthening Phase

PROM/AAROM: FF/ ER/ IR - Full

Therapeutic exercises: Cont wand exercises for ER/IR/FF