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## **Rotator Cuff Repair Post-Operative Rehabilitation Protocol (NEW immediate AROM)**

### **Phase I: Weeks 0-4 Goals**

#### **Days 0-7 Goals**

Abduction brace/sling: May remove after the block wears off and patient is comfortable. Recommend listening to the the pain and adjusting accordingly.

Shoulder Motion: May start immediate active ROM when patient feels comfortable

Passive Range of Motion:

- Pendulum exercises

Active Range of Motion:

- Start when feels comfortable with motion/use. Progress slowly. Do not progress beyond pain

Strengthening

Isometrics:

- Scapular strengthening

Note: Cryotherapy regularly for pain and swelling.

Office visit: usually 2 weeks

#### **Days 7 to 28 Goals**

Abduction brace/sling: Not required depending on pain/patient desire

Shoulder Motion: May start immediate active ROM when patient feels comfortable

Passive Range of Motion:

- Pendulum exercises

Active Range of Motion:

- Start when feels comfortable with motion/use. Progress slowly

Strengthening

Isometrics:

- Scapular strengthening

## Phase II: Weeks 4 to 6 Goals

Full passive range of motion by four to six weeks post-op  
Brace

Sling: None required

Shoulder Motion

Passive Range of Motion:

- Pendulum exercises
- End range stretch external rotation, internal rotation and elevation
- Progressive passive range of motion until full passive range of motion at weeks four to five
- Flexion, internal rotation, external rotation in supine position (adduction and behind back)

Active Assisted Range of Motion:

- Pulley exercises

Active Range of Motion:

- Prone rowing to neutral arm position
- Aquatherapy for light active range of motion exercises

Joint mobilizations:

- Gentle scapular/glenohumeral joint mobilization as indicated to regain full passive range of motion

Note: May begin use of heat before range of motion exercises. Continue cryotherapy as needed.

## Phase II: Weeks 6 to 12

**Weeks 6 to 8**

Brace

- None

Shoulder Motion

Passive Range of Motion:

- Continue exercises

Active Assisted Range of Motion:

- Continue exercises

Active Range of Motion:

- Flexion in scapular plane, abduction, external rotation, internal rotation

Strengthening

Isometrics:

- Rotator cuff muscles

Note: Continue periscapular exercises

Weeks 9 to 11 Shoulder Motion

Passive Range of Motion:

- Continue as needed

Active Range of Motion:

- Continue as needed
- Dynamic stabilization exercises

Proprioception:

Strengthening

Resistive Range of Motion: Begin

- Theraband external rotation, internal rotation
- External rotation side lying (lateral decubitus)
- Lateral raises
- Full can in scapular plane (no empty can abduction exercises) • Rowing, horizontal abduction and extension – all prone
- Elbow extension and flexion

**Weeks 12 to 13**

- Continue all exercises above
- Initiate light functional activities as permitted

**Phase IV: Weeks 14 +****Week 14**

- Continue all exercises listed above
- Progress to fundamental shoulder exercises

**Week 16 Shoulder Motion**

Passive Range of Motion:

- Continue range of motion and self-capsular stretching for range of motion maintenance

Strengthening

Resistive Range of Motion: Begin

- Continue progression of strengthening exercises

Neuromuscular/Proprioception:

- Advance proprioceptive and neuromuscular activities

Note: Return to light sport specific activity (i.e. golf chipping/putting) if doing well.

**Week 20 Motion**

- Continue strengthening and stretching for maintenance
- May resume all activities as tolerated