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## **ROTATOR CUFF REPAIR (Rehabilitative Guidelines)**

*Revised June 2018*

**\*\*Patients who have a massive tear repaired will have their protocol modified as below**

### **Post-op Day 1 – Week 3**

**No shoulder AROM** Immobilizer with abductor pillow x 4-6 wks  
POD 2 – Remove pain pump and change dressing  
Hand squeezing exercises  
Elbow and wrist AROM  
Modified pendulum  
PROM/AAROM in supine with wand or assist of other hand  
– Flexion to 90 degrees  
– Abduction to 90 degrees  
Supervised pulley to 90 degrees flexion and abduction  
Shoulder shrugs, scapular retraction exercises  
Begin stationary bike as tolerated  
Ice pack PRN  
Sleep with pillow under arm for comfort

#### **Goals**

Pain control  
AAROM to 90 degrees in abduction and flexion

### **Weeks 3 – 6**

**No shoulder AROM** Continue immobilizer x 4-6 wks  
Standard pendulum  
**\*\*Continue modified pendulum for massive tear repair**  
Resisted elbow/wrist exercises (light dumbbell)  
AAROM Flexion and Abduction with wand or pulley in pain-free range  
May progress past 90 degrees as tolerated  
AAROM ER as tolerated  
AAROM IR as tolerated if no subscapularis repair  
– May begin to put hand slowly behind back and slide up as tolerated  
1-2 Finger isometrics  
Continue stationary bike  
**Goal** – AAROM to 120 flexion and abduction



### **Weeks 6 – 9**

AROM, AAROM as needed  
UBE with low resistance forward and backward  
Begin rotator cuff Theraband exercises  
Standing rows with Theraband  
Initiate shoulder stabilization exercises  
Prone scapular retraction exercises  
Continue stationary bike  
Pool walking/running – no UE resistive devices

**Goal** – Full AROM

### **Weeks 9 – 12**

PROM as needed to restore full functional ROM  
Cont Theraband exercises with increased resistance as tolerated  
Body Blade  
Ball toss with arm at side using lightest ball  
Push-up progression against the wall  
Abdominal crunches  
UBE  
Elliptical trainer  
Treadmill walking/jogging  
Pool therapy – with UE resistive devices

**Goal** – 50 wall push-ups

### **Months 3 – 6**

Continue push-up progression program  
Continue strengthening and stabilization exercises as needed  
Fitter board on hands  
Begin weight training with light resistance  
Gravitron – pull-ups and dips  
Sit-up progression  
Begin running progression program on treadmill and progress to track  
Pool – begin swimming laps

#### **Goals**

Shoulder strength WNL and equal bilaterally  
Pass APFT at 6 months

***No contact sports until 6 months post-op***