

## Small/Medium Rotator Cuff Repair Protocol

Phase/ Goals	Immobilization	ROM	Therapeutic Exercises
<p><b>Phase 1 (0-2 weeks)</b></p> <p>Goals:</p> <ul style="list-style-type: none"> <li>● Pain control</li> <li>● Elbow ROM</li> <li>● Decrease swelling</li> </ul>	<p>Abduction sling at all times x 4 weeks</p>	<ul style="list-style-type: none"> <li>● Full Passive ROM: ER Full, Abd full, IR to belly</li> </ul> <p>Modalities:</p> <ul style="list-style-type: none"> <li>● Cryotherapy</li> <li>● Compression</li> <li>● Edema control</li> </ul>	<ul style="list-style-type: none"> <li>● Neck, elbow, wrist ROM</li> <li>● Scapular retraction and depression</li> <li>● Pendulums</li> <li>● Passive ROM: EXT rotation and internal rotation to belt, Forward elevation and scaption, abduction</li> </ul>
<p><b>Phase 2 (2-6 weeks)</b></p> <p>Goals:</p> <ul style="list-style-type: none"> <li>● Gain full passive ROM</li> <li>● Edema/pain control</li> </ul>	<p>Abduction sling at all times until 4 weeks</p> <p>Wean sling weeks 5 and 6</p> <p>NWB x 4 weeks, then 5lb. weight restriction x 4 weeks</p>	<ul style="list-style-type: none"> <li>● Achieve full passive ROM</li> <li>● Begin Active Assist ROM at 4 weeks</li> <li>● Initiate AROM at 4 weeks</li> </ul> <p>Modalities:</p> <ul style="list-style-type: none"> <li>● Gentle Massage</li> <li>● Cryotherapy</li> </ul>	<ul style="list-style-type: none"> <li>● Continue neck, elbow, hand ROM</li> <li>● Continue pendulums</li> <li>● AAROM: ER and IR, forward elevation and scaption</li> <li>● Isometrics at 4 weeks: ER and IR, biceps and triceps</li> <li>● Active ROM (starting at 4 weeks): sidelying ER, FE and scaption, salutes (lawn chair progression), prone extension&amp;horizontal abd, open chain proprioception</li> </ul>



<p><b>Phase 3 (7-12 weeks)</b></p> <p>Goals:</p> <ul style="list-style-type: none"> <li>• Begin full PROM</li> <li>• (full FE, ABD, ER, IR to belt)</li> </ul>	<p>Out of sling</p> <p>5 pound weightbearing restriction starting week 8, then progress as tolerated</p> <p>No overhead prolonged lifting</p>	<ul style="list-style-type: none"> <li>• Full PROM and AROM</li> </ul> <p>Modalities:</p> <ul style="list-style-type: none"> <li>• Ice/stim PRN</li> </ul>	<ul style="list-style-type: none"> <li>• Low load prolonged stretching: towel internal rotation, cross arm, sleeper, 90/90 abd/ER</li> <li>• Endurance <u>starting week 8</u>: IR and ER, theraband rows, bicep curls, tricep extension</li> <li>• Closed chain stability</li> <li>• Prone lower trap</li> </ul>
<p><b>Phase 4 (13-18 weeks)</b></p> <p>Goals:</p> <ul style="list-style-type: none"> <li>• Gain full muscular strength</li> </ul>	<p>Progress to full weightbearing</p>	<ul style="list-style-type: none"> <li>• Full A/PROM</li> </ul>	<ul style="list-style-type: none"> <li>• External rotation strengthening at 45 and 90 degrees</li> <li>• Bear hugs</li> <li>• Statue of liberty</li> <li>• Push-up plus progression</li> </ul>
<p><b>Phase 5 (18+ weeks)</b></p> <p>Goals:</p> <ul style="list-style-type: none"> <li>• Return to full overhead activities</li> </ul>	<p>Restrictions lifted</p>	<ul style="list-style-type: none"> <li>• Continue Full A/PROM</li> </ul>	<ul style="list-style-type: none"> <li>• Advanced closed chain stability</li> <li>• Decelerations</li> <li>• Progress to overhead and throwing as indicated weeks 24+</li> </ul>