



Rotator Cuff Repair Protocol

Staged ROM Goals

Passive ROM maybe progressed if no end-feel is present

Supraspinatus and Infraspinatus Repairs

	PROM Flex	PROM ER at 20° ABD	PROM ER at 90° ABD	PROM ABD	PROM IR at 90° ABD	AROM Flex	AROM ABD
POD 1	60°	0-20°	NA	NA	NA	NA	NA
POW 1	100°	10-30°	NA	30°	NA	NA	NA
POW 3	125°	30-45°	NA	90°	NA	NA	NA
POW 6	145°	45-60°	45°	120°	NA	NA	NA
POW 9	155°	WNL	75°	120°	30°	120°	60°
POW 12	WNL	WNL	WNL	WNL	45°	145°+	120°+

Subscapularis Repair (Isolated)

	PROM Flex	PROM ER at 20° ABD	PROM ER at 90° ABD	PROM ABD	AROM Flex	AROM ABD
POD 1	60°	0°	NA	NA	NA	NA
POW 1	100°	15°	NA	30°	NA	NA
POW 3	125°	30°	NA	45°	NA	NA
POW 6	145°	45°	NA	60°	NA	NA
POW 9	155°	60°	30°	90°	120°	60°
POW 12	WNL	WNL	70-90°	WNL	145°+	120°+

Phase 1: Weeks 0-6

Restrictions

- No shoulder AROM exercises
- Begin AAROM exercises at 6 weeks post-op
- No weighted shoulder strengthening exercises until 12 weeks post-op
- No driving until 6 weeks post-op

Goals

- Minimize pain and inflammatory response
- Maximally protect the surgical repair
- Achieve staged ROM goals
- Patient education in post-operative precautions
- Establish/Maintain proper scapular positioning

Therapeutic Exercise

POD 1 – POW 6

- Elbow, wrist, and hand AROM with no weight
- Scapular elevation, depression, and retraction done in or out of sling
- Shoulder PROM as per table above with – 3 to 4 times per day
- Pendulum exercises – 3 to 4 times per day
- Ice and modalities as need for pain control



Phase 2: Weeks 6 – 12

Restrictions

- No weighted overhead lifting
- Weight lifting for ADLs at waist height limited to 5 pound maximum

Therapeutic Exercise

POW 6 – POW 12

- Continue exercises as above with increased ROM targets
- Initiate AAROM / pulley exercises
- Initiate posterior capsule stretching / sleeper stretch – **POW 8**
- Initiate Base Strengthening Progression only if ROM targets met – **POW 6 to POW 10**
 - Shoulder IR and ER AROM gravity eliminated progressing to against gravity
 - Activation of scapular retractors, serratus anterior, and scapular upward rotators with shoulder AROM
 - Scapular slide
 - ER AROM against gravity with elbow supported 45° away from side in the scapular plane
- Overhead strengthening progression – **POW 10 to POW 12**
 - Wall walk
 - Wand AAROM for flexion and scaption with independent eccentric lowering
 - Ball on the wall circles in scaption
 - Repetitive functional reaching

Goals

- Achieve staged ROM goals
- Normalize shoulder AROM without scapular substitution
- Progressive return to light ADLs

Phase 3: Months 3 – 6

Therapeutic Exercise

POM 3 – 5

- T-band RC PRE's progressing from 0° to 90° of ABD
- Prone I, T, Y
- Weighted scaption/flexion progressing from 1 to 5 pounds
- Scapular retraction with resistance
- Wall pushups
- Elbow flexion and extension in neutral starting at no greater than 10 pounds and progressing as tolerated

POM 5 – 6

- Continue therapeutic exercise as above
- Throwers 10 program if required for overhead athletics
- May progressively return to running or cycling
- Return to swim program
- Return to golf program

Goals

- Full PROM
- Progressive RC and scapular stabilizer neuromuscular control exercises
- Full return to ADLs, work, recreational activities