**Rehab Protocol for Rotator Cuff Repair**

**Phase 1-(beginning day two from surgery to 6-10 weeks depending on the size of the tear and thus days in the sling**

* Sling use
  + Small 4 weeks
  + Moderate- 4 weeks with pillow, 6 weeks in sling
  + Massive- 8 weeks with pillow, 10 weeks in sling
* PROM to tolerance working toward full PROM by D/C of sling
  + Except with subscap repair
    - PROM into ER limited to 45 degrees for 3 weeks and then increasing by 5 weeks per week until full PROM of ER
* Exercises
  + Pendulum
  + Passive elbow flexion and extension
  + Active wrist flexion and extension
  + Ball squeeze
  + At week 4 for mod and 8 for massive
    - Can begin table flexion and ER as needed if tight

**Phase II-beginning at discharge of the sling –for 2 -3 weeks**

* Continue with PROM for all directions
  + May add behind the back once D/C of sling
* AROM only for ADL’s and self-care
  + ie. Brushing the teeth, washing the hair, feeding and dressing
* Exercises
  + Sidelying ER
  + AAROM supine flexion with finger clasped
  + Supine inferior capsule stretch
  + Posterior capsule
  + Behind the back-across, out and up
  + Scapular retraction

**Phase III – beginning three weeks post D/C of sling and progressing exercises as grouped every other week**

* Full PROM in all directions
* Begin arm bike if available
* Full use of arm for daily activities
* Strength at the clinic
  + Rhythmic stabilization - -week one of phase III
  + Supine HAD - - Week 4 of phase III
  + Ball on the wall (wax on wax off)—week 6 of phase III
  + Manual D1/D2—week 8 of phase III
* Beginning strengthening for HEP
  + Group one
    - Shoulder extension to hip pocket
    - Shoulder row
    - Biceps curl (thumbs up-to eliminate long head
    - Triceps extension
  + Group two
    - Internal rotation
    - External rotation
  + Group three
    - Prone I’s
    - Prone T’s
  + Group four
    - Prone Y’s
  + Group five
    - D1 flexion
    - D2 flexion
  + Group six
    - Scaption
    - Wall pushups

**Phase IV- full return to activities**

* Min/mod-- 5 months
* Massive-- 6 months