**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