



Sports Medicine • Joint Reconstruction • Hand Surgery • Spine Surgery

## ROTATOR CUFF REPAIR PROTOCOL

### Week 1-3

- Immobilizer or sling
- PROM flexion, abduction and internal rotation to tolerance
- Codman's exercise
- Elbow/Wrist/Hand AROM exercises
- Submaximal isometrics
- Ice and E-stim PRN for pain and swelling control

### Week 3-6

- Continue with PROM, gradually progressing as tolerated
- Continue with isometrics
- Avoid active abduction
- AAROM exercises
- Gentle active shoulder elevation exercises (flexion and scaption to 90°)
- Aquatic rehab

### Week 7-12

- Thera-Band exercises
- Dumbbell exercises
- Full ROM by week 12

### Week 12-14

- Progress above exercises
- Initiate isokinetic strengthening
- Closed chain scapular exercises
- Begin sport and work specific activities

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