



Rotator Cuff Repair (small)

Precautions

Sling 4 weeks
Full time: sleeping, daily activity

Biceps Tenodesis:
No resisted biceps x6 weeks

PROM: Week 1
AROM: Week 4

Pulleys after week 4

Subscapularis Repair:
-ER to 30° x4 weeks
-Avoid 90/90 stretching x6 weeks

Post-Operative Day 1-3	Dressing Change
	Sling Education/Fitting
	Hand/Wrist/Elbow PROM
	Gentle Pendulums

PHASE 1 PROM Wk 1-4 <u>Goal:</u> Full PROM by Wk 4-6 <i>Promote Tissue Healing</i>	PROM as tolerated with PT
	Self Exercises: table flexion, dowel ER to 30° (if no subscap)
	Core Strength
	Scapular/postural Education

PHASE 2 AROM Wk 4-6 <u>Goal:</u> Full AROM by Wk 6-8 <i>Start AROM</i>	AAROM: supine press up, supine dowel flex, pulleys, supported reaching
	If tenodesis start resisted biceps at wk 6
	Scapular stabilization
	Cervical mobility and stability

PHASE 3 Wk 6-10 <u>Goal:</u> Reach overhead up to 5 lbs. <i>Initiate strengthening</i>	Scapular mechanics/stability: Serratus and lower trap
	IR/ER rotator cuff resistance
	Initiate close chain exercises
	Theraband exercises wk 8+

PHASE 4 Wk 10-16 <u>Goal:</u> Lift > 5 lbs. overhead <i>Advanced strengthening</i>	Close chain progressions
	Overhead strength progressions
	Dynamic band work, progressive resistance, PNF patterns
	Golf progression wk 12

PHASE 5 Wk 16+ <u>Goal:</u> Pain free work and recreation <i>Return to sport</i>	Bike and run progression wk 16
	Ski and snowboard wk 16-20
	Rebound throwing progression wk 16-20
	Contact sport and swimming wk 20-24