



MASSIVE ROTATOR CUFF REPAIR PROTOCOL

Name: _____

Diagnosis: _____

Date of Surgery: _____

Frequency: 1 2 3 4 times / week Duration: 1 2 3 4 5 6 Weeks

____ Days 0 -- 7

- Patient to do Home Exercises given post---op (pendulums; ROM elbow, wrist, hand, grip strengthening)
- Patient to remain in sling for 6 weeks AT ALL TIMES (except for personal grooming)

____ Weeks 1 -- 12

- Pendulums
- Passive external rotation limit 30° (supine, roll towel under elbow)
- Passive forward elevation limit 90° (supine, elbow bent at 90°, in scaption)
- Table slides at 14 days, hand resting on table, torso leaning forward, pain free
- Address posterior capsular tightness at 3 months if indicated

Minimal to no pain during or after exercises, although fatigue is OK

AVOID:

- NO Pulleys
- NO internal rotation behind back
- NO external rotation stretching with arm in 90° of abduction
- NO stretching in abduction
- NO strengthening until 3 months

Modalities:

Other:

Signature _____

Date: _____