



Rotator Cuff Repair (Small Tear)

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PHASE I (0-4 WEEKS):

Precautions: Protect rotator cuff repair

- Ultra sling to be worn continuously for 2-4 weeks (unless otherwise instructed by physician). Allowed to take off for showering, dressing, or exercising
- Able to perform tabletop activities such as eating, brushing teeth, and writing; as long as activity is pain free and keeping the elbow at the side of the body
- DO NOT LIFT ARM FROM SIDE OR FORWARD FLEX
- PROM/AAROM only to limits determined in operating room. If no limits on prescription, assume patient is able to do full ROM
 - Weeks 2-4: Pendulum exercises and tabletop PROM
 - Week 4: AAROM exercises: flexion, abduction, extension, internal rotation, and external rotation
 - Scapular retraction exercises
 - Ice following treatment and home exercises
 - External rotation to neutral until 6 weeks post-operative (Only subscapularis repair)

PHASE II (4-6 WEEKS):

Precautions: Do not increase inflammation

- AROM- no weight-pain free arch only
 - Active rotator cuff exercises without weight
 - Home pulley use (if needed)
 - Active elevation exercises (wall walk, flexion, abduction)
- Scapular stabilization exercises: scapular depression, extension, horizontal abduction
- Proprioceptive exercises: Counter-top and/or closed chain axial loading with ball on wall

PHASE III (6-12 WEEKS):

Precautions: Do not increase inflammation with overworking cuff. Progress weight with exercise as tolerated

- Begin strengthening/progressive AROM for all exercises. Use 2 oz to 1 lbs weights. Should only experience minimal pain. Emphasize high repetitions for endurance with rotator cuff exercises
 - Standing flexion to shoulder level or modified in supine
 - Standing scaption with thumbs up to shoulder level
 - Sidelying external rotation with towel roll under elbow
 - Prone external rotation keeping elbow bent to 90°
 - Standing internal rotator with Theraband
 - Bicep curls with palm up
- Add progressive standing wall push-up exercises and proprioception exercises on the wall with a small ball and with body blade and/or fitter
- Progress scapular stabilization training

PHASE IV (3-4 MONTHS):

- Progress rotator cuff exercises with 3 lbs weight limit. Emphasis on home program
- Add proprioception exercise on hands and knees with wobble board