

SMALL – MEDIUM ROTATOR CUFF REPAIR PROTOCOL  
TWIN CITIES ORTHOPEDICS

Waconia Office  
560 South Maple St.  
Suite 200  
Waconia, MN 55387  
Phone: 952-442-2163  
Fax : 952-442-5903

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Chaska Office  
212 Medical Center  
111 Hundertmark Rd.  
Suite 460  
Chaska, MN 55318  
Phone: 952-456-7400  
Fax: 952-456-7401

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Gary E. Wyard, M.D.  
Mark E. Friedland, M.D.  
Robert M. Barnett, Jr., M.D.  
Christopher P. Meyer, M.D.  
Jeffrey J. Mair, D.O.  
Daniel J. Marek, M.D.  
Scott M. Holthusen, M.D.  
Peter C. Sanders, M.D.

Sommer Vaughan, PA-C  
Erin Maguire, PA-C  
Nicole Hicks, PA-C  
Mitch Fogal, PA-C  
Joanne Kockelman, CPT

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WEEKS 0-4

Patient to wear sling continuously for 4 weeks. Sling may be removed for exercises, showering and dressing. Sling should be worn at night.

No active ROM of shoulder.

AROM of elbow, wrist and hand. (if bicep tenodesis avoid active elbow flexion and forearm supination until 4 weeks post op).

EXERCISES

Passive ROM in supine

Pendulums (hanging).

May do table slides at week 2 for forward flexion

Hand gripping as tolerated

Soft tissue mobilization as needed

GOALS

Maintain integrity of repair

Diminish pain and inflammation

Prevent muscular inhibition

No strengthening of rotator cuff until 12 weeks post op.

WEEK 4-6

May initiate active elbow flexion and supination if bicep tenodesis.

EXERCISES

Initiate scapular stabilization exercises (prone extension, horizontal abduction and row in neutral)

GOALS

Re-establish scapular strength and stability in preparation for AAROM

Gradually restore full PROM

Decrease pain and inflammation

PRECAUTIONS

No lifting heavier than a coffee cup

Do not overstress healing tissue

No joint mobilization until 6 weeks post-op

No supporting of body weight by hands and arms

No sudden jerking motions.

WEEK 6-10

EXERCISES

Begin AAROM (pulleys, wand, table slides)

Continue progression of scapular stability exercises.

#### WEEK 10-12

Begin AROM in supine with gravity assist progressing to standing for forward flexion and in side lie for abduction then progress to standing.

Bicep and tricep strengthening.

Scapular stabilization progressions

#### WEEK 12 – 6 MONTHS

Strengthening of the rotator cuff

Begin with closed chain isometric strengthening in all directions

Progress to open chain strengthening with light weights

Strengthening of anterior deltoid.

Scapular stabilization progressions

Passive capsular stretch at end ROM as indicated

#### GOALS

Symmetrical ROM

Painfree AROM

Improve shoulder strength and endurance.

Improve neuromuscular control and shoulder proprioception.

This protocol provides the clinician with general guidelines for the rehabilitation of the patient undergoing arthroscopic or mini-open repair of a small or medium rotator cuff tear.

#### Protocol Highlights:

- PROM 0-6 weeks.
- AAROM 6-12 weeks.
- AROM 10 weeks.
- Strengthening of rotator cuff at 12 weeks.

Questions regarding the progress of a patient are encouraged, and should be directed to our office at 942 442-8201 or to [rehabprotocols@tcomn.com](mailto:rehabprotocols@tcomn.com)