

Dr. Asp's Rotator Cuff Repair Rehab Protocol

**WEEKS 0-4**

- Sling should be worn at rest.
- Sling should be used for sleeping.
- Avoid AROM
- No lifting objects on involved side.
- No supporting of body weight by hand on involved side.
- Passive ROM
- Pendulums
- Pulley for flexion only.
- Scapular stabilization exercises.
- Active distal extremity exercise (elbow, wrist, hand)

**WEEKS 4-6**

- Sling at rest
- Continue PROM and advance to AAROM as patient tolerates...

**WEEKS 7-10**

- Wean from sling
- Progress to full AROM/AAROM/PROM in all planes.
- AROM with increasing repetitions against gravity at 8-10 weeks as movement quality and patient tolerance dictates.
- Isotonic strengthening with very light weight <1/2 lb and increasing as tolerated at week 10.

**WEEKS 11-16**

- PRE/theraband strengthening at week 12.
- Continue full stretching and strengthening program to patient's tolerance.

**WEEKS 20-28**

- Return to full functional activities including light recreational sports depending on patients' strength.