

Protected Rotator Cuff Repair

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The surgeon may specify on the operative report or referral any specific requests or deviations that fall outside the scope of this protocol. Exercises are a general guideline adjusted with therapist guidance and expertise.

Phase I (Weeks 0-6)	Phase II (Weeks 6-12)	Phase III (Weeks 12-24)	Phase IV (Weeks 24+)
<p>PRECAUTIONS</p> <ul style="list-style-type: none"> Sling/immobilizer with abduction pillow all times except remove for hygiene Passive ER with wand (limit to 30°, if repair is subscapularis) <i>If biceps tenodesis performed, no AROM of the elbow until week 4</i> <p>GOALS</p> <ul style="list-style-type: none"> Maintain integrity of repair Diminish pain and inflammation Independent with ADL's with modifications Intermittent follow ups to maintain compliance <p>ROM</p> <ul style="list-style-type: none"> No AAROM Limited <p>EXERCISE</p> <ul style="list-style-type: none"> AROM fingers, wrist, and elbow Pendulum hang Scapular retraction Cervical AROM <p>CRITERIA to advance...</p> <ul style="list-style-type: none"> 6 weeks of recovery has passed Compliance with immobilization 	<p>PRECAUTIONS</p> <ul style="list-style-type: none"> Wean from sling No shoulder resistance <p>GOALS</p> <ul style="list-style-type: none"> Allow healing of soft tissue Do not overstress healing tissue Decrease pain and inflammation Pain free PROM <p>ROM</p> <ul style="list-style-type: none"> Pain free PROM, be very cautious with stretching No AROM until week 8 <p>EXERCISE</p> <ul style="list-style-type: none"> Continue with Phase I exercises prn Passive flexion table slide Passive rotation in neutral in pain free ranges Gentle scapular and/or regional soft tissue mobilization if needed Gentle capsular/joint mobilization prn AAROM exercises <p>Week 8</p> <ul style="list-style-type: none"> Begin AROM <p>CRITERIA to advance...</p> <p>AROM (Painless)</p> <ul style="list-style-type: none"> FLEX ≥ 100° ER 30° IR sacrum ABD 70° 	<p>PRECAUTIONS</p> <ul style="list-style-type: none"> No lifting overhead No PREs until week 16 <p>GOALS</p> <ul style="list-style-type: none"> Dynamic-Shoulder Stability Optimize neuromuscular control Improve shoulder strength Gradual return to functional activities <p>ROM</p> <ul style="list-style-type: none"> Restore full PROM Initiate AAROM progressing to AROM <p>EXERCISE Week 12</p> <ul style="list-style-type: none"> Continue prior phase exercises as needed AAROM Upper extremity bike – pain-free as tolerated and unloaded Pain-free isometrics in neutral Gentle rhythmic stabilization <p>Week 14</p> <ul style="list-style-type: none"> AROM in supine and progress to sitting and standing Supine proprioceptive and stabilization training Light strengthening of the rotator cuff beginning with closed chain isometrics Scapular strengthening <p>CRITERIA to advance...</p> <ul style="list-style-type: none"> Full AROM 70% of strength recovered 	<p>PRECAUTIONS</p> <ul style="list-style-type: none"> Gentle slow progression of shoulder function <p>GOALS</p> <ul style="list-style-type: none"> Maintain full non-painful AROM Advance conditioning exercises Improve muscular strength, power, and endurance Gradual return to full functional activities <p>ROM</p> <ul style="list-style-type: none"> Continue ROM emphasis if needed <p>EXERCISE</p> <ul style="list-style-type: none"> Continue with previous phase recommendations as needed. Begin isotonic PRE strengthening program: patient must be able to elevate arm without scapular elevation substitution to begin isotonics Advance proprioceptive and neuromuscular activities prn <p>CRITERIA to advance...</p> <ul style="list-style-type: none"> Tolerates the progression to low-level functional activities Demonstrates return of strength/dynamic shoulder stability Demonstrates adequate strength/stability for progression to work/sport specific activities

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Questions and updates regarding the progress of any specific patient are encouraged and should be directed to Dr. Cooper at 952-456-7617.