

Standard 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	Phase II	Phase III	Phase IV
(Weeks 0-6)	(Weeks 6-12)	(Weeks 12-20)	(Weeks 20-48)
<p>PRECAUTIONS</p> <ul style="list-style-type: none"> Protection (sleeping, posture, sling with abduction pillow) 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"> Protect integrity of repair Diminish pain and inflammation Independent with ADL's with modifications Intermittent follow ups to maintain compliance <p>EXERCISES</p> <ul style="list-style-type: none"> PROM unlimited within pain tolerance Pendulums AROM: elbow, wrist, hand Passive table-slide FF Scapular exercises (retraction, shrugs, rolls, etc.) Shoulder wand/table top ER PT assisted PROM scapular plane <p>CRITERIA to advance...</p> <ul style="list-style-type: none"> 6 weeks of recovery has passed <p>PROM</p> <ul style="list-style-type: none"> Flexion $\geq 125^\circ$ ER in scap plane $\geq 45^\circ$ IR in scap plane $\geq 45^\circ$ ABD in scap plane $\geq 60^\circ$ 	<p>PRECAUTIONS</p> <ul style="list-style-type: none"> Wean/discontinue f sling; goal to D/C sling by 8 weeks If the repair was of the subscapularis, slowly progress wand ER past 30° to tolerance If biceps tenodesis performed, initiate light resisted elbow exercise at week 6-8 No Isotonic strengthening <p>GOALS</p> <ul style="list-style-type: none"> Improve shoulder ROM <p>EXERCISES</p> <p>Week 6</p> <ul style="list-style-type: none"> Begin AAROM – IR/ER in scap plane; supine wand FLEX in scap plane Pulleys <p>Week 7</p> <ul style="list-style-type: none"> Begin AROM Sidelying ER Supine forward elevation progression Initiate scapular stabilization Sub-maximal isometrics Open chain proprioception <p>Week 8</p> <ul style="list-style-type: none"> Low load prolonged stretching <p>CRITERIA to advance...</p> <p>AROM (painless)</p> <ul style="list-style-type: none"> Flexion $\geq 150^\circ$ ER $\geq 30^\circ$ 	<p>PRECAUTIONS</p> <ul style="list-style-type: none"> No lifting overhead <p>GOALS</p> <ul style="list-style-type: none"> Improve shoulder strength <p>EXERCISES</p> <ul style="list-style-type: none"> Continue stretching and PROM as needed Progress to full AROM without hiking Dynamic stabilization exercises Initiate PREs if pt is able to elevate arm without scapular hiking Advance scapular exercises (rows, pull backs/down, punches, push up plus) Proprioceptive/stability training Strengthening of deltoid and scapular stabilizers Strengthening of the rotator cuff beginning with closed chain isometrics and progress to open chain through all 5 planes <p>CRITERIA to advance...</p> <ul style="list-style-type: none"> Tolerates progression to low-level functional activities Demonstrates return of strength/dynamic shoulder stability Demonstrates adequate strength/stability for progression to work/sport specific activities (~70% of strength recovered) 	<p>PRECAUTIONS</p> <ul style="list-style-type: none"> When performing advanced resistance training, may need to be performed every other day <p>EXERCISES</p> <ul style="list-style-type: none"> Continue stretching, if motion is not full Progress resistive exercise to tolerance (progressive weight, high rep) High level proprioceptive, strength, and stabilization Serratus anterior and mid-low trapezius specific scapular exercises <p>Week 28+</p> <ul style="list-style-type: none"> Plyometrics Power exercises <p>RETURN To Sport/Work</p> <ul style="list-style-type: none"> Pending clinical exam of full ROM and 5/5 strength Progressive participation as progress allows with interval program Running/cycling: 18 weeks Overhead and serving sports: Weeks 24+ Contact sports and swimming: Weeks 28+ Progression towards return to work/work hardening: 6-9 months

	<ul style="list-style-type: none">• IR L4• ABD 90°• Ability to perform all ADLs with exception of overhead lifting		
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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.