



**BAY AREA ORTHOPEDIC**  
SURGERY & SPORTS MEDICINE

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### ARTHROSCOPIC ROTATOR CUFF REPAIR PROTOCOL

Post-op

#### **0-2 Weeks:**

Sling/swathe at all times, except for exercises

PROM limits to: 90 degrees forward flexion, 20 extensions, 70 internal rotations (not behind back)

1. Pendulum exercises 3x/day minimum
2. Table slides
3. PROM within pain tolerance
4. Elbow and wrist AROM 4x/day minimum
5. Cryocuff/ ice: days 1-2 as much as possible, then post activity for pain

#### **2-6 Weeks:**

Sling/swathe at all times, except for exercises, bathing, or sitting quietly. ROM limits continued.

1. PROM within limits and pain tolerance
2. Manual resistance for scapular motions
3. Postural awareness education
4. Gentle soft tissue mobilization and joint mobilization
5. Modalities as indicated for pain or inflammation

**6-12 Weeks:**

Sling for comfort, but may be discontinued. No ROM limits.

1. Initiate AAROM (wand and pulleys), unless specified by physician to progress more slowly
2. Joint mobilization for scapula and glenohumeral mobility
3. Gentle exercises for scapular stabilizers and rotator cuff, may include sub-max isometrics, PNF, and supervised UBE
4. Progress AROM, with education for quality of motion to avoid shoulder hiking.

\*Patient must be able to elevate without hiking shoulder to progress to next phase.

**12-18 Weeks:**

RESISTIVE EXERCISES HELD AS PER SURGEON'S INSTRUCTIONS.