



## Rotator Cuff Repair (large)

### Precautions

**Sling 6 weeks with abduction pillow**  
**Full time: sleeping, daily activity**

**PROM: Start week 1-2**

**A/AROM: Start week 6**

**Pullys after week 6**

**Subscapularis repair: Limit ER to 30° x4 weeks**

**Supraspinatus repair:**  
**-IR to belt line x4 weeks**  
**-Avoid end range flexion x5 weeks**

**Biceps tenodesis:**  
**-No resisted biceps x6 weeks**

<b>Post-Operative</b> Day 1-3	Dressing Change
	Sling Education/Fitting
	Hand/Wrist/Elbow PROM
	Gentle Pendulums

<b>PHASE 1</b> PROM Wk 1-6 <u>Goal:</u> Full PROM by Wk 6-8 <i>Promote Tissue Healing</i>	PROM as tolerated with PT
	Self Exercises: table flexion, dowel ER to 30° (if no subscap)
	Core Strength
	Scapular/postural Education

<b>PHASE 2</b> AROM Wk 6-8 <u>Goal:</u> Full AROM by Wk 8-10 <i>Start AROM</i>	AAROM: supine press up, supine dowel flex, pulleys, supported reaching
	If tenodesis start resisted biceps at wk 6
	Scapular stabilization
	Cervical mobility and stability

<b>PHASE 3</b> Wk 8/12 <u>Goal:</u> Reach overhead up to 5 lbs. <i>Initiate strengthening</i>	Scapular mechanics/stability: Serratus and lower trap
	IR/ER rotator cuff add resistance
	Initiate close chain exercises
	Theraband exercises wk 8+

<b>PHASE 4</b> Wk 12-20 <u>Goal:</u> Lift > 5 lbs. overhead <i>Advanced strengthening</i>	Close chain progressions
	Overhead strength progressions
	Dynamic band work, progressive resistance, PNF patterns, UBE
	Golf progression wk 14-16

<b>PHASE 5</b> Wk 20+ <u>Goal:</u> Pain free work and recreation <i>Return to sport</i>	Ski and snowboard wk 16-20
	Initiate return to sport progression (run and bike)
	Contact sport and swimming wk 20-24