

**Rotator Cuff Repair Protocol (Small/Medium)  
Dr. Hultman**

<b>Time Frame</b>	<b>Treatment</b>	<b>Goals</b>
Post-Op Day	<ul style="list-style-type: none"> <li>-Removal of dressings, change if needed.</li> <li>-Cryotherapy and education in signs of infection</li>   <li>-HEP: Hand/elbow/wrist ROM, light scapular retraction, pendulums</li> </ul>	<ul style="list-style-type: none"> <li>-Independent with conservative management, HEP, and cryotherapy</li> <li>-Pain management</li> </ul>
Phase I 0-4 weeks	<ul style="list-style-type: none"> <li>-PT 1-2x/week dictated by ROM</li> <li>-Slingshot for 4 weeks, remove pillow to sling weeks 4-6</li> <li>-Isometrics for HEP at 3 weeks</li> <li>-PROM flexion, scaption, abduction weeks 1-3</li> <li style="padding-left: 20px;">-Long axis rotations at 3 weeks</li> </ul>	<ul style="list-style-type: none"> <li>-Promote tissue healing</li> <li>-Avoid adhesive capsulitis</li> <li>-PROM to pain tolerance</li> <li>-Light rotator cuff activation</li> </ul>
Phase II 4-6 weeks	<ul style="list-style-type: none"> <li>-PT 2x/week</li> <li>-PROM in all directions beginning at 4 weeks</li> <li>-May begin AAROM exercises at 4 weeks</li> <li>-HEP for AAROM exercises dictated by ROM deficits</li> </ul>	<ul style="list-style-type: none"> <li>-Nearing full PROM by 6 weeks</li> <li>-Progressing slowly with rotations to pain tolerance</li> </ul>
Phase III 6-12 weeks	<ul style="list-style-type: none"> <li>-PT 2-3x/week</li> <li>-D/C sling at 6 weeks</li> <li>-Educate in AROM and PReS at 6-8 weeks</li> <li>-Avoid scapular substitution</li> <li>-Progress to full PROM in all directions</li> <li>-May start light resistive exercises at 8-10 weeks based on ROM</li> </ul>	<ul style="list-style-type: none"> <li>-Full passive and active ROM in all planes</li> <li>-Strength 4/5 in all planes</li> <li>-Advance with proprioceptive exercises to aid in ADLs</li> </ul>
Phase IV 12 weeks – 6 months	<ul style="list-style-type: none"> <li>-PT 1-2x/week as needed</li> <li>-Advance with strength/proprioception/endurance as tolerated</li> <li>-Progress to work/sport specific activities</li> <li>-Transition to home/gym program as able</li> <li>-Return to throwing/dynamic activities once approved by surgeon</li> </ul>	<ul style="list-style-type: none"> <li>-Full return to normal function</li> <li>-Strength 5/5 in all planes</li> <li>-Returning to work/sport</li> </ul>