

Post-operative Protocol for Shoulder Rotator Cuff Repair

Stage one: Passive and Active Assisted ROM:

Week 1-2: Pendulum Exercises
Passive supine forward flexion (limited to 90 degrees)
Assisted supine forward flexion (limited to 90 degrees)
Assisted external rotation to neutral

Week 3-4: All week 1 exercises plus:
Assisted horizontal external rotation (supine) to 40 degrees
Assisted horizontal adduction, abduction
Assisted internal rotation – to back pocket only
Assisted extension
Isometrics – internal rotation, external rotation, posterior and middle deltoid
ROM Limitations for weeks 3-4:
Scaption to 100 degrees
Forward flexion to 140 degrees
Internal Rotation to the level of the back pocket
External Rotation to 40 degrees

Stage two: Active ROM and Muscle Re-education:

Week 5-8: All week 1-4 exercises plus:
Gradual increase of envelope of range of motion (Assisted exercises)
Active supine forward flexion with elbow flexed
Active forward flexion raising arm from table top
Gradual increase of activities from supine to vertical position
Progress to active flexion, extension, abduction, internal and external rotation
D/C splint at 6 weeks post-op

Week 9-10: All exercises as above plus:
Gradual increase of Active ROM exercises
Theraband exercises for flexion, extension, external rotation (light resistance only)

Stage Three: Final Strengthening:

Week 10: Increase resistive exercises
Include light weights