

Center for Athletic Medicine
Dr. Preston Wolin
Rotator Cuff Repair (small to medium) Protocol

~Please call 773.248.4150 with any and all questions~

Week 0-4:

Wear shoulder immobilizer for two weeks then continue wearing the shoulder immobilizer for sleeping, approximately four weeks, then discard.

Passive range of motion (To patient tolerance)

Flexion

Internal rotation/ External rotation in scapular plane

Abduction

Horizontal Abduction

Elbow range of motion

Flexion and Extension

Shoulder isometrics with elbow at 90 degrees of flexion (submaximal)

Flexion

Abduction

Adduction

Elbow flexion

Internal and External rotation

Pulley (To patient tolerance)

Flexion

Abduction in scapula plane

Internal rotation (at 3 weeks)

Gentle AAROM with T-Bar

Flexion

Internal and External rotation in scapular plane

Glenohumeral Joint mobilization

Gentle Grade I/II for pain

Pendulum exercises

Initiate UBE with low resistance

Start elbow active range of motion

Flexion and Extension

Prone position with scapular mobilization. The goal is to achieve passive range of motion in flexion and abduction equal to unaffected side.

Abduction

Flexion

Internal and External Rotation

Modalities for pain and swelling control.

Scapular stabilization exercises

Precaution: No lifting and No excessive motion

Week 4-8:

(Patient should have FULL RANGE OF MOTION by week 4)

Initiate ER/IR strengthening using tubing at 0 degrees of abduction

Use a towel roll

Center for Athletic Medicine

Initiate Prone rowing exercise

Maintain Full Passive ROM

Initiate Active ROM exercise

Shoulder Flexion in scapular plane

Shoulder Abduction

Progress to Isotonic Strengthening Exercise Program

ER/IR tubing

Sidelying ER

Bicep Curls

Progress Strengthening Program

Initiate Medicine ball exercises

Chest pass

Wood chopping

Week 8-12:

In order to progress, the patient must have good range of motion and be pain free.

Start throwing program

Functional Activities for sport.

*****If a patient is not progressing, please call the office for recommendations*****