

PHYSICAL THERAPY PROTOCOL ROTATOR CUFF REPAIR

**** Only PROM for 6 weeks****

**** No internal rotation or hyperextension for 6 weeks ****

Biceps Tenodesis- No lifting, pushing, pulling >5lbs for 6 weeks

WEEK 1:

- Pendulums
- ROM: elbow, wrist, and hand

WEEK 2:

- PROM advancing to 140° FE, 40° ER at side, 60° ABD by week 6
- Scapula mobilization/training; retraction and depression
- No canes or pulleys

WEEK 6:

- Wean out of sling
- PROM to achieve full motion
- AAROM: elevation and ER to tolerance
- Continue scapula training

WEEK 8-10:

- Advance AAROM to full ROM, begin IR and extension
- AROM: scapular plane elevation to 90°, supine shoulder flexion to 90°, side-lying ER
- Isometric hold scapular plane elevation @30° (without resistance)
- ER isometrics

WEEK 12:

- Advance AROM to full ROM
- Begin FE/ER/IR bands, body blade
- Add weights to program cautiously as appropriate
- Advance ER/IR strengthening

WEEK 16+:

- Sport and occupation conditioning