

### Physical Therapy Protocol: LARGE / MASSIVE ROTATOR CUFF REPAIR

**Recommendation:** PT/ OT 2-3 visits per week for 10-12 weeks

#### Immediate Post-operative Period

- Sling for 4-6 weeks
- Modalities PRN

#### Weeks 0-3 (Goals: Allow rotator cuff healing)

- Sling at all times
- Physical therapy for sling care, monitor healing goals, elbow & wrist ROM
- Active elbow, wrist, and finger ROM only – NO SHOULDER ROM
- Pendulums (small arc) allowable

**Week 4:** Scapula mobilization  
Scapula facilitation -- posterior rotation shrugs (without weight)

**Week 6:** PROM: scapular plane elevation:  
0-60 ER (in scapular plane): 0-20

**Week 8:** Isometric hold scapular plane elevation @ 30dg (without resistance) AAROM: Forward elevation: 0-90, ER:0-30

**Week 10:** Assisted pulleys  
AAROM: elevation and ER to tolerance  
PROM: elevation and ER to tolerance  
AROM: scapular plane elevation to 120dg  
Supine shoulder flexion to 120dg  
Sidelying ER in modified neutral  
ER/IR isometrics

**Week 12:** Progress AROM to resistance  
Elastic band ER/IR with arm at side  
Scapular plane elevation to 140dg  
May add weights to program (<5 lbs)

**Week 16:** May add weights to program (>5 lbs)  
Advance ER/IR strengthening to cocking position as tolerated  
Eccentric cocking and ER  
Increase speed of training