

**Physical Therapy Protocol:
SMALL / MEDIUM ROTATOR CUFF REPAIR**

Recommendation: PT/ OT 2-3 visits per week for 8-12 weeks

RESTRICTIONS:

- NO internal rotation or hyperextension for 6 weeks*
- NO upper body exercises or weights for 3 months

Week 1: Pendulums, ROM, and progressive strengthening: elbow, wrist, and hand PROM: scapular plane elevation: 0-30
ER (in scapular plane): 0-10

Week 2: Scapula mobilization
Scapula facilitation -- posterior rotation shrugs (without weight)

Week 3: PROM: scapular plane elevation:
0-60 ER (in scapular plane): 0-20

Week 4: Pulleys
Isometric hold scapular plane elevation @ 30dg (without resistance) AAROM: Forward elevation: 0-90, ER:0-30

Week 6: 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 8: 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 12: May add weights to program (>5 lbs)
Advance ER/IR strengthening to cocking position as tolerated
Eccentric cocking and ER
Increase speed of training