



AT CORE ORTHO

Rotator Cuff Repair Protocol (SMALL tear <2.5cm tear)

Weeks 0-2

- Patient to do home exercises – pendulums, elbow/wrist ROM if appropriate
- Patient to remain in sling for 6 weeks post-op

Weeks 2-6

- Continue pendulums exercises as needed for pain.
- PROM only for 6 weeks post-op to protect healing repair
- Elbow AROM ok if no biceps tenodesis
- Grip strengthening and wrist AROM
- Posture re-education, neck ROM exercises as needed
- No canes or pulleys until 6 weeks post-op
- ROM goals 140° flexion; 50° ER at side
- Heat before PT; ice after PT

Weeks 6-12

- Begin AAROM at 6 weeks and progress to AROM at 10-12 weeks.
 - o AROM performed with gravity eliminated first, and progress to against gravity by 12 weeks - Continue previous AAROM and PROM exercises and techniques, focusing on end-range flexibility and restoring full ROM
- Begin scapular exercises without resistance through the shoulder
- Goals: Full PROM by 12 weeks; AROM elevation to 90° at 12 weeks
- Continue modalities as needed.

Weeks 12+

- Address any remaining ROM deficits
- Advance strengthening exercises as tolerated beginning with isometrics, and progressing to isotonic (start with bands, and progress to free weights)
 - o Avoid abduction with arm extended with resistance
- Limit RTC strengthening exercises to 2-3x/week to avoid overuse and tendonitis
- 4-6 months – begin sport and work specific strengthening, plyometrics, proprioceptive training