

POST-OP REHABILITATION GUIDELINES: LARGE AND MASSIVE ROTATOR CUFF REPAIR

1-6 Weeks	• Sling Immobilization • Active ROM Elbow, Wrist and Hand • True Passive (ONLY) ROM Shoulder. NO ACTIVE MOTION ○ 0-4 weeks: Pendulums (3-5x/day) ○ 4-6 weeks: begin Supine Elevation in Scapular plane → progress to 120 degrees by 6 weeks • Scapular protraction and retraction • Deltoid isometrics in neutral (submaximal) • No Pulley/Canes until 6 weeks post-op
6-12 Weeks	• Discontinue Sling • 2lb lifting restriction. Able to use arm for ADLs • Active Assist to Active ROM Shoulder As Tolerated • Elevation in scapular plane and external rotation to tolerance • Begin internal rotation as tolerated • Light stretching at end ranges • Cuff Isometrics with the arm at the side • Upper Body Ergometer
3-12 Months	• Advance to full ROM as tolerated with passive stretching at end ranges • Advance strengthening as tolerated: ○ Isometrics → bands → light weights (1-5lbs) ○ 8-12 reps/2-3 sets per rotator cuff, deltoid, and scapular stabilizers • Only do strengthening 3x/week to avoid rotator cuff tendonitis • Begin eccentrically resisted motions, plyometrics (ex. Weighted ball toss), proprioception (es. body blade) • Begin sports related rehab at 4 1/2 months, including advanced conditioning