

## POST-OP REHABILITATION GUIDELINES: SMALL TO MEDIUM ROTATOR CUFF TEAR

|                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
|----------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>1-4</b><br><br><b>Weeks</b>   | <ul style="list-style-type: none"> <li>• Sling Immobilization</li> <li>• Active ROM Elbow, Wrist and Hand</li> <li>• True Passive (ONLY) ROM Shoulder. NO ACTIVE MOTION               <ul style="list-style-type: none"> <li>○ Pendulums,</li> <li>○ Supine Elevation in Scapular plane = 140 degrees</li> <li>○ External Rotation to tolerance with arm at side. (emphasize ER, minimum goal 40 degrees)</li> </ul> </li> <li>• Scapular Stabilization exercises (sidelying)</li> <li>• Deltoid isometrics in neutral (submaximal) as ROM improves</li> <li>• No Pulley/Canes until 6 weeks post-op</li> </ul>                                                        |
| <b>4-6</b><br><br><b>Weeks</b>   | <ul style="list-style-type: none"> <li>• Discontinue sling use</li> <li>• Begin Active Assist ROM and advance to Active as Tolerated</li> <li>• Elevation in scapular plane and external rotation as tolerated</li> <li>• No Internal rotation or behind back until 6wks</li> <li>• Begin Cuff Isometrics at 6wks with arm at the side</li> </ul>                                                                                                                                                                                                                                                                                                                      |
| <b>6-12</b><br><br><b>Weeks</b>  | <ul style="list-style-type: none"> <li>• Active Assist to Active ROM Shoulder As Tolerated               <ul style="list-style-type: none"> <li>○ Elevation in scapular plane and external rotation to tolerance</li> <li>○ Begin internal rotation as tolerated</li> </ul> </li> <li>• Light stretching at end ranges</li> <li>• Cuff Isometrics with the arm at the side</li> <li>• Upper Body Ergometer</li> </ul>                                                                                                                                                                                                                                                  |
| <b>3-12</b><br><br><b>Months</b> | <ul style="list-style-type: none"> <li>• Advance to full ROM as tolerated with passive stretching at end ranges</li> <li>• Advance strengthening as tolerated:               <ul style="list-style-type: none"> <li>○ Isometrics-&gt;bands-&gt;light weights (1-5lbs)</li> <li>○ 8-12 reps/2-3 sets per rotator cuff, deltoid, and scapular stabilizers</li> </ul> </li> <li>• Only do strengthening 3x/week to avoid rotator cuff tendonitis</li> <li>• Begin eccentrically resisted motions, plyometrics (ex. Weighted ball toss), proprioception (es. body blade)</li> <li>• Begin sports related rehab at 4 1/2 months, including advanced conditioning</li> </ul> |