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Rehabilitation Guidelines: Standard Rotator Cuff Repair

Post-op	Precautions	Therapy
0-4 weeks	<ul style="list-style-type: none"> 1) sling should be worn at all times other than for exercising 2) No AROM or AAROM 3) ER limited to 45 ° 4) Limit forward flexion to 90 ° 5) No strengthening 6) No passive IR stretching 	Pendulums, PROM as per precautions, active elbow/wrist/hand motion, cervical ROM, isometric scapular stabilization
4-8 weeks	<ul style="list-style-type: none"> 1) Full PROM 2) Initiate AAROM at 6 weeks 3) Start gradual AROM at 8 weeks 4) No strengthening until 8 weeks 5)discontinue sling 	Advance PROM, start rope and pulley, supine overhead stretches, gradual AROM, start cardiovascular exercise not stressful to shoulder
8-12 weeks	<ul style="list-style-type: none"> 1)Begin strengthening with theraband only for 1st 4 weeks 2)strengthening below 90° until scapular motion normal and RTC strength sufficient 	Continue PROM/joint mobilization, initiate strengthening with therabands
12-24 weeks	<ul style="list-style-type: none"> 1) may begin non-overhead sports at 4 months (golf, ground stroke, etc) 2) Return to all activities when cleared by surgeon at 6 months 	Sport specific activities, continued flexibility and stengthening

This is only a guide to rehabilitation. Specific exercises will be monitored by your physical therapist. Progression should be individualized based on meeting specific goals and tolerance to activities.

Return to full activities is typically 6 months and is dependent on the progress of rehabilitation. Remember, trying to progress too rapidly cannot speed up the healing process and can compromise the rotator cuff repair and shoulder function.

