



Rotator Cuff Rehab Protocol

Phase 1 (0-2 weeks)

****IF SLAP repair or biceps tenodesis, then NO active biceps work x 6 weeks!**

-Abduction sling immobilizer

-Cryotherapy

-Gentle PROM

IR/ER in scapular plane (0 deg shoulder abduction) to 40 deg

Forward flexion to 100 deg

-Submaximal pain-free isometrics

-Pendulum exercises okay

-Elbow & hand ROM & grip exercises

-*Precautions:*

No lifting or supporting body weight with affected arm

No arm motion behind back

Phase 2 (2-6 weeks)

-Discontinue sling at 5th week

-Cryotherapy continues at home

-AAROM

IR/ER in scapular plane and 90 deg abduction

Forward flexion as tolerated

-Full PROM by 6 weeks

-Initiate isotonic IR/ER at 4-6 weeks

-*Precautions:*

No lifting >10 lbs

No supporting body weight

Phase 3 (6-12 weeks)

-Scapulothoracic kinematics

-Should achieve full AROM by 10 weeks

-Progressive isotonic strengthening & stretching in deficient planes

-May use arm for light functional activities



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Phase 4 (12-16 weeks)

- Progress to home exercise program
- Self capsular stretching exercises
- *Advanced strengthening begins at 16 weeks
- *Goals: return to strenuous work and sports at 6 months