

# ROTATOR CUFF REPAIR

*Revised May 2005*

## Post-op Days 1 – 21

Immobilizer with abductor pillow x 4-6 weeks – Even while sleeping  
– Place pillow under shoulder / arm while sleeping for comfort  
Hand squeezing exercises  
Elbow and wrist AROM with shoulder in neutral position at side  
Supported pendulum exercises  
Shoulder shrugs / scapular retraction without resistance  
PROM by therapist / AAROM with pulleys or supine with wand  
– Flexion to 90 degrees  
– Abduction to 90 degrees  
– ER to within 30 degrees of opposite shoulder  
Stationary bike (must wear immobilizer)  
Ice pack

### **Goals**

Pain control  
AAROM Flexion and Abduction to 90 degrees

## Weeks 3 – 6

Continue immobilizer x 4-6 weeks  
Continue appropriate previous exercises  
Full pendulum exercises  
AAROM – Flexion and Abduction > 90 degrees (pulleys, supine wand)  
– ER as tolerated (wand, doorway stretch)  
– IR as tolerated **if no subscapularis repair** (wand behind back)  
1-2 Finger Isometrics x 6 (fist in box)

**Goal** – AAROM Flexion and Abduction to 150 degrees

## Weeks 6 – 9

D/C Immobilizer  
Continue appropriate previous exercises  
AROM, AAROM through full range  
Light Theraband ex x 6  
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Standing rows with Theraband  
Prone scapular retraction exercises (without weights)  
Biceps and Triceps PREs with light weight  
UBE forwards and backwards with low resistance  
Stairmaster  
Treadmill – Walking progression program

Pool walking / running – No UE resistive exercises

**Goal** – Full AROM

### **Weeks 9 – 12**

Continue appropriate previous exercises  
PROM / mobilization as needed to regain full ROM  
Theraband ex with increased resistance as tolerated  
Seated row weight machine with light weight  
Body Blade  
Ball on wall (arcs, alphabet)  
BAPS on hands  
Ball toss with arm at side using light ball  
Push-up progression against wall  
Elliptical trainer  
Pool therapy – With UE resistance

#### **Goals**

Normal rotator cuff strength  
30 wall push-ups

### **Months 3 – 4**

Continue appropriate previous exercises  
Push-up progression – Table to chair  
Ball toss overhead  
Fitter on hands  
Treadmill – Running progression program

#### **Goals**

30 chair push-ups  
Run 2 miles at easy pace

### **Months 4 – 6**

Continue appropriate previous exercises  
Weight training with light resistance (no overhead press or pull downs)  
Gravitrone – Pull-ups and dips  
Push-ups, regular  
Sit-ups  
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Swimming  
Running progression to track  
Transition to home / gym program

#### **Goals**

Return to all activities  
Pass APFT at 9 months post-op

***No contact sports until 9 months post-op***