

**Rotator Cuff Tendon Repair  
Drs Gaudelli and Kosak**

**PHYSIOTHERAPY PRESCRIPTION:**

**2 – 6 WEEKS (M.D. visit at 2 weeks)**

- Protection:* In a sling unless showering or sitting comfortably with the arm supported
- Passive range of motion:* Forward flexion to 90 degrees if allowed by surgeon.  
External rotation to neutral.
- Other activities:* Lower body conditioning, pool therapy

Start scapular stabilization exercises.

**6 - 12 WEEKS (M.D. visit at 6 weeks)**

- Protection:* Discontinue sling.
- PROM:* Start with passive motion with no restrictions.  
Focus on forward flexion, external rotation and internal rotation.  
Resting pain should be considerably decreased.  
\* It is important to check the integrity of the glenohumeral joint at this phase in the patient's rehabilitation in particular for signs of excessive decrease in glenohumeral mobility. \*
- Mobs:* Grade I - II without restrictions, Grade III cautiously until 6 weeks
- AROM:* Gradually introduce against gravity active range of motion exercises. Goal is to achieve full forward flexion by 12 weeks.
- Other activities:* Road cycling, stair machines with weight on arms

**12 + WEEKS (M.D. visit at 12 weeks)**

ENSURE FULL OR NEAR FULL RANGE OF MOTION ACHIEVED PRIOR TO STARTING RESISTANCE EXERCISES

- PROM:* Continue with passive stretching of involved tendons to pain tolerance
- Mobs:* Grade I - IV as tolerated
- AROM:* Progression should be high repetitions before adding resistance,

(i.e. one pound increments, attaining 50 repetitions at each weight before progressing).

\* It is important to closely monitor shoulder/postural mechanics and pain throughout all exercises.

*Other activities:* Jogging, swimming in protected range of motion, UBE for range of motion

### **6 MONTHS (M.D. visit at 6 months as needed)**

*Range of motion:* Aggressive stretching and strenuous resistive exercises can be performed.

*Other activities:* Swimming, weightlifting, begin throwing progression program (assumes adequate range of motion of 90 abduction and external rotation)