

## Rotator Cuff Protocols

**\* With all Subscapularis Muscle Repairs limit External Rotation PROM to less than 30 degrees until week 6-8**

**Dr. Souster**

### Large and Massive Rotator Cuff Tears

Weeks	Precautions	Exercise/ Activity
0-2	No ROM exercises for the shoulder during this stage	Immobilized No ROM
2-8	-Begin PT at 2 weeks post op -PROM Only -No active ROM or active shoulder girdle muscle contraction - No Pulley use for ROM	- ER with cane/stick only for home exercise program - PT assisted PROM
8-16	- NO resistive exercises - Sling removed at 8 weeks post op - no lifting of any object heavier than a cup of coffee	- AAROM and AROM - Can use pulley for AAROM
16-24	- gentle and gradual progression of strength and resistance exercises - Avoid excessive pain w/ AROM and strength/endurance exercises - Work on improved scapulo-humeral rhythm	-Continue with AROM -Begin strength and endurance exercises

### Partial Thickness to Medium Rotator Cuff Tears

Weeks	Precautions	Exercise/ Activity
1-6	-Begin PT at 1 week post op -PROM Only -No active ROM or active shoulder girdle muscle contraction - No Pulley use for ROM	- Table slides - ER with cane/stick - PT assisted PROM
6-12	- NO resistive exercises - Sling removed at 6 weeks post op - no lifting of any object heavier than a cup of coffee	- AAROM and AROM - Can use pulley for AAROM -Should achieve full FF by 12 weeks
12-24	- gentle and gradual progression of	-Continue with AROM

	<p>strength and resistance exercises</p> <ul style="list-style-type: none"> <li>- Avoid excessive pain w/ AROM and strength/endurance exercises</li> <li>- Work on improved scapulo-humeral rhythm</li> </ul>	<p>-Begin strength and endurance exercises</p>
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