

Rotator Cuff Repair

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Weeks 0-4:

Range of Motion: Passive ROM only
Shoulder Flexion: 90 deg
Shoulder Abduction: 90 deg
Shoulder External Rotation: 40 deg
Shoulder Internal Rotation; As tolerated

Home Exercise Program: Pendulums (start at 3 weeks)
Active Elbow extension/flexion
Hand squeezing
Active Wrist ROM

Weeks 4-6:

Range of Motion: Full Passive Range of Motion in all planes

Home Exercise Program: AAROM or pulley in all planes of ROM
Scapular isometrics

Weeks 6-9:

Range of Motion: Continue pulleys and capsular stretching as needed (should be equal bilaterally)
Initiate AROM as tolerated

Strengthening:

1. UBC:
2. Progress and improve AROM against gravity (no shrug sign)
3. Scapular retraction strengthening
4. Prone I's, Y's, T's
5. Bicep curls, triceps press

Weeks 10-14:

Range of Motion: Functional AROM in all planes (equal bilaterally)

Strengthening:

1. Rotator Cuff Strengthening
2. Scapular stabilization and strengthening
3. Overhead strengthening
4. Functional return to full ADL's and work activities