



Kansas City Orthopedic Alliance

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Rehabilitation Protocol: Rotator Cuff Repair (Massive)

Phase I (0-4 weeks): Protect the Repair/ NO ROM

- Sling should be in place when not performing exercises
- Hold pendulum exercises until 4 weeks following surgery
- May start active scapular mobility exercises at 4 weeks
 - Must keep the shoulder musculature relaxed
- AVOID all active and active assisted exercises until cleared by surgeon
 - This includes pulleys, wall, and spine assisted exercises

Phase II (4-12 weeks): Advanced ROM

- May discontinue sling at week 6
- Start PROM and AAROM at weeks 4-8
 - Home exercises instructed in office
- Start AROM at week 8
 - Includes pulleys, wall, and supine gravity assisted exercises
 - Emphasize all motions, begin IR at week 10
- Isolate and activate scapular stabilizers
- Progress to PROM and capsular stretching of the shoulder as needed
 - Elevation and ER as tolerated
- An begin isometrics at week 10
- NO resisted exercises until week 12

Phase III (12+ weeks): Restore Strength and Function

- **Weeks 12-16**
 - Begin rotator cuff strengthening and resistive exercises
 - Isometric and isotonic exercises including TheraBand, dumbbells, etc...
 - Home strengthening program
 - 5 lbs lifting restriction
 - Equate active and passive ROM
- **Week 16+**
 - Discontinue formal lifting restrictions

- o Start progressive rotator cuff and shoulder strengthening
- o Simulate work/recreational activities as rotator cuff strength and endurance improve