

MEDIUM ROTATOR CUFF REPAIR PROTOCOL
(Includes Treatment for: Open Repair Medium Rotator Cuff Tear
Arthroscopic Repair Small and Medium Rotator Cuff Tear)

0-2 Weeks:

- Sling/swathe at all times, except for exercises.
- PROM limits to: 90 pure abduction, 20 extension, 70 internal rotation (not behind back), no limitations for flexion, external rotation as tolerated (unless specified by physician)
- Pendulum exercises 3x/day minimum
- PROM within pain tolerance
- Elbow and wrist AROM 4x/day minimum
- Cryocuff ice: days 1-2 as much as possible, then post activity for pain

2-6 Weeks:

- Decrease use of sling during the day, except in uncontrolled situations and at night. ROM limits continued
- PROM within limits and pain tolerance
- Manual resistance for scapular motions
- Postural awareness education
- Gentle soft tissue mobilization and joint mobilization
- Modalities as indicated for pain or inflammation

6-12 Weeks:

- Discontinue sling at night. No ROM limits
- Initiate AAROM/ AROM including wand and pulleys
- Joint mobilization for scapula and glenohumeral mobility
- Gentle exercises for scapular stabilizers and rotator cuff
- May include sub-max isometrics, PNF, and supervised UBE.
- Emphasis of strengthening on high reps and low weight with postural awareness
- Goal: Involved shoulder AROM grossly WNL by 12 weeks

12-18 Weeks:

- Resistive exercises as tolerated
- Progress toward independent home program
- Reinforce postural awareness, quality of exercise technique and proper PRE progression