

Bonnie P. Gregory, MD
ROTATOR CUFF REPAIR
REHABILITATION PROTOCOL

	Range of Motion	Sling	Exercises/Strength
<i>PHASE 1</i> <i>Weeks 0-1</i>	Pendulums, elbow ROM, wrist ROM, grip strengthening	Remain in sling for 6 weeks	NONE
<i>PHASE 2</i> <i>Weeks 1-6</i>	True PROM only! ROM goals: 140° FF 40° ER at side ABD max 60-80° without rotation *If subscapularis repair NO ER past neutral for 6 weeks and avoid stretch of anterior capsule in extension	Remain in sling for 6 weeks	Grip strengthening No canes/pulleys until 6 weeks post-op, because these are active-assist exercises No resisted motions of shoulder until 12 weeks post-

<p><i>PHASE 3</i> <i>Weeks 6-12</i></p>	<p>Begin AAROM → AROM as tolerated Goals: Same as above, but can increase as tolerated Light passive stretching at end ranges</p>	<p>Begin to wean from sling, use for comfort</p>	<p>Begin scapular exercises, PRE's for large muscle groups (pecs, lats, etc) At 8 weeks, can begin strengthening/resisted motions Isometrics with arm at side beginning at 8 weeks *If subscapularis repair no resisted IR for 12 weeks</p>
<p><i>PHASE 4</i> <i>Months 3-12</i></p>	<p>Advance to full ROM as tolerated with passive stretching at end ranges</p>		<p>Advance strengthening as tolerated: isometrics → bands → light weights (1-5 lbs); 8-12 reps/2-3 sets per rotator cuff, deltoid, and scapular stabilizers Only do strengthening 3x/week to avoid rotator cuff tendonitis Begin eccentrically resisted motions, plyometric (ex. Weighted ball toss), proprioception (es. body blade) Begin sports related rehab at 4 ½ months, including advanced conditioning</p>

For any questions or concerns regarding the protocol or rehabilitation process please contact

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Specific restrictions/notes: