



THE ORTHOPEDIC PARTNERS  
AN RCM CLINIC

PARK CITY • HEBER CITY • SALT LAKE CITY

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# Rotator Cuff Repair Protocol

## Phase 1

### Sling

- Full time use for 6 weeks
- Sleep in sling until after week 6
- Discontinue only after week 6

### Weeks 0-6

- Passive motion only beginning first post-operative day
  - Forward elevation (Goal  $\geq 140^\circ$  ASAP)
  - External rotation (Goal  $\geq 40^\circ$  ASAP)
    - \*\* Hold at  $40^\circ$  if labral repair was also done \*\*
  - Extension not beyond  $0^\circ$
  - **No** internal rotation until week 7
- Hand/wrist/elbow AROM, NO RESISTANCE.
- Scapular stabilization exercises (Shrugs, Retraction, Protraction)
- Home exercise program
  - Passive External rotation with caregiver
- **NO pulleys, pool therapy, or electric stimulation until after week 6**

## Phase 2

### Weeks 7-12

- Continue passive motion as needed until full range of motion, then start AAROM and advance to full AROM
- Continue Scapular Stability exercises
- Add passive internal rotation
- Home exercise program
  - Add wall climb, self-controlled active assisted elevation, supine wand exercises

## Phase 3

### Week 12+

- **Begin strengthening**
  - Low Level therabands/tubes: FE, IR, ER, Rows
- Transition to Independent Home Exercise Program
  - Stretching Daily
  - Strength 3x/wk max
- Return to full activity

### Month 6

## Specific Needs:

- 1) Biceps tenodesis
  - Elbow slight active motion only first 6 weeks (no resistance/repetitive use)
  - Avoid terminal extension of elbow first 6 weeks
  - Gradual Biceps strengthening after 12 weeks
- 2) Labral repair
  - Limit external rotation to  $40^\circ$  and Forward Elevation to  $140^\circ$  for first 6 weeks

