Rotator Cuff Repair Rehabilitation

**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 ≥ 140° ASAP)
  - External rotation (Goal ≥ 40° ASAP)
    **Hold at 40° if labral repair was also done**
  - Extension not beyond 0°
  - 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

**Month 6**
- Return to full activity

**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° and Forward Elevation to 140° for first 6 weeks