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## Rotator Cuff Repair (Greater than 3cm)

Name: \_\_\_\_\_ Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

### Phase 0: Quiet (Weeks 0 to 4)

- Quiet in sling with elbow/wrist/hand
- UltraSling for weeks 0 to 4
- Begin active scapular retraction/protraction exercises with therapist cueing

### Phase I: Passive (Weeks 5 to 8)

- Regular sling for weeks four to eight
- Pendulums to warm-up beginning week five
- Week five – Eight supine external rotation; 0 to 30 degrees beginning at five weeks with progression to full
- PROM by week eight
- Supine forward elevation – 0 to 90 degrees beginning at five weeks with progression to full
- PROM by week eight
- Progress to upright as tolerated with ER and FE

### Phase II: Active (Weeks 9 to 12)

- Pendulums to warm-up
- Active range of motion with **terminal stretch**
- Supine → external rotation – after week eight; progress **gradually** to full
- Supine → forward elevation – after week eight; progress **gradually** to full
- Begin active biceps
- Internal rotation – full (begin behind the back)
- Begin AROM in supine and progress to upright

### Phase III: Resisted (Week 13)

- Pendulums to warm up and continue with Phase II
- External and internal rotation
- Standing forward punch
- Seated rows
- Shoulder shrugs and biceps curls

### Weight Training (Week 16)

- Keep hands within eyesight, keep elbows bent, no long lever arms
- Minimize overhead activities (below shoulder)
- **No** military press, pull-down behind head or wide grip bench

### Initiation of Interval Sport Programs

- Golf: 5 to 6 months
- Tennis: 7 to 8 months
- Ski: 7 to 8 months