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## Arthroscopic Rotator Cuff Repair with Massive Tear Rehab Protocol

**General**

- Sling and abduction pillow for the first four weeks
- Sling without abduction pillow for additional four weeks (weeks five to eight)
- Wear at all times while awake and asleep
- Delay start of physical therapy for three to four weeks
- No **active** shoulder abduction, flexion or rotation for 10 to 12 weeks

### Phase I: Passive

**Weeks 1 to 3**      **No motion of shoulder**  
Active motion of elbow, wrist and fingers

**Weeks 3 to 6**      Pendulum exercises for warm ups  
Supine external rotation: Limit to 30 degrees in scapular plane  
Supine forward elevation and abduction: **Limit to 90 degrees until week six**

**Weeks 6 to 10**      Slowly progress forward flexion and abduction to full at week 10  
Start supine, then progress to upright  
Goal is to obtain full PROM before progressing to next phase

### Phase II: Active

**Weeks 10 to 12**      Pendulums to warm-up and continue with Phase I exercises  
No flexion or abduction lifting greater than two pounds  
Full AROM: Therapist stretching to full if AROM is not full

**Weeks 12 to 16**      Supine, seated and side lying external rotation to full  
Supine, seated forward active elevation to full  
Internal rotation behind back and sleeper stretches

### Phase III: Resisted      **Pendulums to warm-up and continue with Phase II**

**Weeks 16 to 24+**      Flexion, abduction, external and internal rotation with resistance  
Standing forward punch  
Seated rows  
Shoulder shrugs  
Bear hugs  
Late terminal stretching to full

**Weight Training**

Advanced weight lifting with good form and no jerking  
Keep hands within eyesight and elbows bent  
Minimize repetitive overhead activities  
(No military press, pull down behind head or wide rip bench)

**Return to Activities**

Golf: Chip and putt at four months; full at six to eight months  
Doubles Tennis: Six months  
Singles: Seven to eight months  
Throwing Athlete or Laborer: Six to eight months