
Rotator Cuff Repair (Greater than 3cm)

Name: _____ Date: ____ / ____ / ____

Phase 0: Quiet (Weeks 0 to 3)

- UltraSling for 6 weeks
- Quiet in sling with AROM at elbow/wrist/hand
- Begin active scapular retraction/protraction exercises with therapist cueing

Phase I: Passive (Weeks 4 to 8)

- Regular sling for weeks four to eight
- Pendulums to warm-up beginning week five
- Week 4 – begin supine external rotation; 0 to 30, with progression to full as tolerated
- Supine forward elevation – 0 to 90 degrees beginning, with progression to full as tolerated
- 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