Rotator Cuff Repair Protocol:

Post-op Day 1:
- Active Range of Motion (AROM) for hand, wrist, and elbow
- Passive external rotation (PER) up to 30 degrees
- Passive forward elevation in the plane of the scapula up to 120 degrees
- Passive Codman (Pendulum) exercises

Post-op Week 1:
- Once the patient reaches 120 degrees of forward elevation, rope & pulley exercises may be started
  - Do not start until 4 weeks. Never protocols are a lot more conservative when it comes to starting active assisted range of motion (AAROM)
- Increase passive external rotation (ER) up to 60 degrees
- Increase passive forward flexion up to 160 degrees
- Begin scapula musculature isometrics/sets; cervical ROM
- Continue pendulum exercises

Post-op Week 4:
- Start submaximal isometrics with elbow at 90 degrees & 0 degrees abduction for ER, internal rotation (IR), extension, abduction, and flexion.
- Scapular stabilization

Post-op Week 5:
- Begin AROM flexion, abduction, IR, & ER

Post-op Week 6:
- Shoulder shrugs
- Start flexion, extension, abduction, internal rotation, & external rotation exercises using yellow theraband

Post-op Week 8:
- Progress theraband or light weighs
- Continue active flexion in the plane of the scapula, but hold at the end of range of motion & actively lower the arm
- Terminal range of motion stretching

Post-op Month 4-6:
- Continue daily stretching & Strengthening program
- Modified spot activity. Ground strokes in tennis & short irons in golf
- Modified weight lifting - elbow does not pass plan of the should and not pass plan of the should and no abduction with the arm internally rotated

Post-op Month 6:
- Full sport activities except throwing athletes