



**Brian Waterman M.D.**  
ORTHOPEDIC SURGERY

**ROTATOR CUFF REPAIR PROTOCOL**

**Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Diagnosis:** \_\_\_\_\_

**Date of Surgery** \_\_\_\_\_

Frequency: 1 2 3 4 times/week      Duration: 1 2 3 4 5 6 Weeks

**Weeks 0-1:**

- Patient to do Home Exercises given post-op (pendulums, elbow ROM, wrist ROM, grip strengthening)
- Patient to remain in splint for 6 weeks

**Weeks 1-6:**

- True PROM only! The rotator cuff tendon needs to heal back into the bone
- ROM goals: 140° FF/40° ER at side; ABD max 60-80° without rotation
- No resisted motions of shoulder until 12 weeks post-op
- Grip strengthening
- No canes/pulleys until 6 weeks post-op, because these are active-assist exercises
- Heat before PT, ice after PT

**Weeks 6-12:**

- Begin AAROM - AROM as tolerated
- Goals: Same as above, but can increase as tolerated
- Light passive stretching at end ranges
- Begin scapular exercises, PRE's for large muscle groups (pees, lats, etc)
- At 8 weeks, can begin strengthening/resisted motions
- Isometrics with arm at side beginning at 8 weeks

**Months 3-12:**

- Advance to full ROM as tolerated with passive stretching at end ranges
- Advance strengthening as tolerated: isometrics - bands - light weights (1-5 lbs); 8-12 reps/2-3 sets per rotator cuff, deltoid, and scapular stabilizers
- Only do strengthening 3x/week to avoid rotator cuff tendonitis
- Begin eccentrically resisted motions, plyometrics ( ex. Weighted ball toss), proprioception ( es. body blade)
- Begin sports related rehab at 4 ½ months, including advanced conditioning
- Return to throwing at 6 months
- Throw from pitcher's mound at 9 months
- Collision sports at 9 months
- MMI is usually at 12 months post-op

**Comments:**

Functional Capacity Evaluation     Work Hardening/Work Conditioning     Teach HEP

**Modalities:**

Electric Stimulation     Ultrasound     Iontophoresis     Phonophoresis  
 TENS     Heat before/after     Ice before/after     Trigger points massage  
 Therapist's discretion  
 Other \_\_\_\_\_

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_



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