

Rotator Cuff Repair Protocol

Week 1

In clinic

- Gentle PROM ER to 60°
- PROM elevation to 90°
- Cryotherapy and interferential stimulation as needed

Home Program instruction

- Pendulums as tolerated
- Supine external rotation self-PROM with stick - neutral
- Grip strength until symmetrical
- Scapular retraction and depression isometrics
- Patient to use sling as needed for first 5-7 days

Week 2

Clinic

- Continue PROM to tolerance
- Scapular mobility/posture training
- Cryotherapy/Stimulation as needed

Home Program

- Isometrics @ 5x5" (ER/IR/Flexion/Abduction)
- Continue supine/seated ER PROM
- Supine elevation PROM
- Seated IR self-stretch with scapular retractions

Weeks 3-4

Clinic

- Upper Body Ergometer
- Isokinetic rotation progression
 - o PROM → AAROM → AROM
- Increase scapular resistance training
- Continue PROM manually

Home Program

- Thera-band ER/IR @ neutral
- Wall ROM (ER/Flexion) with overpressure
- Assisted wall slides for supraspinatus activity

Weeks 5-6

Clinic

- Isokinetic tests for rotational strength
 - o Continue strengthening as indicated
- Begin isokinetic AA/AROM elevation
- Transverse plane conditioning
- Modalities as needed for inflammation/pain
 - o Ultrasound/Iontophoresis/taping
- PROM as needed to reach normal limits

Home Program

- Continue with resisted rotation - 90°
- Full can exercise
- Initiate supported pushup/inverted rowing

Weeks 7-8

Clinic

- Continue isokinetic strengthening
- Overhead resistance unilaterally → bilaterally
- Posterior capsule stretching

Home Program

- Continue strength via bands/weights
- Posterior capsule stretching

Week 8+

Clinic

- Isokinetic testing for ER/IR
- Manual testing for supraspinatus
- Adjusted resistance training per weakness
- Switch from strength focus to endurance focus

Home Program

- Maintenance plan
 - o T,W,Y
 - o Postural stretches
 - o Scapular strength/stabilization
 - o Capsular stretching
 - o Band work as needed