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## POSTOPERATIVE REHABILITATION PROTOCOL  
**ARTHROSCOPIC ROTATOR CUFF REPAIR**

### Phase 1 – Passive

Sling at all times except bathing for 4 weeks  

*First phase can be performed as home exercises*  

*NO AROM for 1st 6 weeks. No passive stretching.*

- **Week 1**  
  Pendulums, hand wrist & elbow motion, grip strengthening

- **Weeks 2-4**  
  Pendulums to warm-up  
  Supine passive range of motion to tolerance. No stretching.  
  Scapular stabilization without resistance  
  *Week 3: Begin Aquatic Therapy*  
  *Week 4: ROM Goals- FF to 120°, ER to 30°. IR as tolerated*  
  Wean from sling as tolerated

- **Weeks 5-6**  
  Passive range of motion without restriction, wand exercises  
  Begin AAROM once PROM goals are met.  
  Avoid passive stretching. Avoid active IR  
  Scapular stabilization without resistance

### Phase 2 – Active

Pendulums to warm-up

- **Weeks 7-8**  
  Advance AAROM to AROM with LIGHT passive stretch  
  Supine-seated Forward Flexion, External Rotation  
  Progressive resistance for larger groups (pectoralis, latissimus)

### Phase 3 – Resisted

Continue with Phase 2

- **Weeks 9-10**  
  Continue wand exercises, flexibility, and horizontal adduction  
  RTC isometrics with arm at 0° abduction, neutral rotation  
  Standing forward punch, seated rows, shoulder shrugs, bicep curls, bear hugs

- **Weeks 11-12**  
  RTC isotonic strengthening, progress to closed chain exercises  
  Keep hands within eyesight, keep elbows bent  
  Minimize overhead activities  
  No military press, pull down behind head, or wide grip bench

### Phase 4 – Strengthening

- **Weeks 12:** Advance RTC strengthening as tolerated  
  RTC isometrics, then bands, then light weights

- **Weeks 16:** Eccentrically resisted motions, plyometrics

- **Weeks 20:** Sports-related rehab, advanced conditioning

### Return to Activities

<table>
<thead>
<tr>
<th>Activity</th>
<th>Timeframe</th>
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<tbody>
<tr>
<td>Golf</td>
<td>8 weeks (chip &amp; putt only)</td>
</tr>
<tr>
<td>Running</td>
<td>10-12 weeks</td>
</tr>
<tr>
<td>Sports/Ski</td>
<td>4-6 months</td>
</tr>
<tr>
<td>Throwing</td>
<td>6-9 months</td>
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