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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 1<sup>st</sup> 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

Weeks 7-8

Pendulums to warm-up  
Advance AAROM to AROM with LIGHT passive stretch  
Supine-seated Forward Flexion, External Rotation  
Progressive resistance for larger groups (pectoralis, latissimus)

### **Phase 3** – Resisted

Weeks 9-10

Continue with Phase 2  
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**

Golf	8 weeks (chip & putt only)
Running	10-12 weeks
Sports/Ski	4-6 months
Throwing	6-9 months