



**ORLANDO HAND SURGERY ASSOCIATES**  
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### **Rotator Cuff Repair**

#### **0-2 weeks:**

Sling: Worn at all times day and night off for gentle hygiene only.

Motion: Elbow/wrist ROM, grip strengthening and pendulums at home only

#### **2-4 weeks:**

Sling: Worn at all times day and night and off for gentle exercise only.  
Cryotherapy as needed for pain control and inflammation.

Motion: No AROM of shoulder. Begin PROM to FF 90. Begin PROM with abduction to 45 in scapular plane, ER to 40 in scapular plane, IR to 40 in scapular plane and extension to 20. Codman's, posterior capsular mobilizations, avoid stretch of anterior capsule and extension, closed chain scapula.

#### **4-10 weeks:**

Sling: Discontinue sling at 6 weeks

Motion:

- Progressive PROM until full ROM with goal of full PROM at 6 weeks
- Continue all previous exercises
- Continue cryotherapy as needed
- At 6 weeks initiate AAROM flexion in supine position and rotator cuff isometrics and progress to active ROM with shoulder flexion and abduction in scapular plane; initiate prone rowing to neutral arm position



**10-14 weeks:**

Motion:

- Continue stretching and passive ROM (as needed)
- Dynamic stabilization exercises
- Initiate strengthening program
  - ER/IR with therabands/sport cord/tubing
  - ER sidelying
  - Lateral raises
  - Full can in scapular plane (avoid empty can abduction exercises at all times)
  - Prone Rowing
  - Prone Horizontal Abduction
  - Prone Extension
  - Elbow Flexion and Extension
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**14-20 weeks:**

Motion: continue all exercises as above; continue to perform ROM stretching as necessary

**20-26 weeks:**

Motion: gradual return to strenuous work activities, gradual return to recreational activities and gradual return to sport activities

Please call with questions or concerns at the phone number above.