

SMALL ROTATOR CUFF REPAIR PROTOCOL

Includes treatment for:

- Open repair small rotator cuff tear
- Arthroscopic repair small rotator cuff tear

Postop:

0-2 Weeks

Sling worn for comfort

1. Pendulum exercises 3x/day minimum
2. PROM/AAROM (wand, pulley) within pain tolerance
3. Elbow and wrist AROM 3x/day minimum
4. Cryocuff/ ice: days 1-2 as much as possible, then post activity for pain

2-6 weeks

Avoid active elevation (anterior deltoid) until 6 weeks

1. Progress AAROM/AROM within pain tolerance
2. Submaximal isometrics for shoulder musculature, except flexion
3. Manual resistance for scapular motions
4. Postural awareness education
5. Gentle soft tissue mobilization and glenohumeral inferior glide
6. Modalities as indicated for pain or inflammation
7. May initiate UBE after 4 weeks.

Goal: Involved shoulder AAROM grossly within normal limits by 6 weeks

6-12 Weeks

1. Progress AROM in all ranges
2. Joint mobilization for scapular and glenohumeral mobility
3. Strengthening exercises for scapular stabilizers and rotator cuff. Emphasis of strengthening on high reps and low weight, with postural awareness. May include PREs, theratube/band, PNF, and weight equipment.
4. Progress to independent home program

Goal: AROM grossly within normal limits without shoulder hiking by 12 weeks