

TOA

TENNESSEE ORTHOPAEDIC ALLIANCE

Small Rotator Cuff Repair Protocol

General:

- Slingshot for weeks 0-3, regular sling weeks 4-6.

Phase 0 – Quiet

Week 0-1:

- Quiet in sling with elbow/wrist/hand
- Begin active scapular retraction/protraction exercises with therapist cueing

Phase 1 – Passive

Week 2-6:

- *Pendulums to warm up beginning week 1*
- Supine External Rotation –0-30 deg beginning at 2 weeks with progression to full PROM by 6 weeks
- Supine Forward Elevation –0o-90o beginning at 2 weeks with progression to full PROM by 6 weeks
- **progress to upright as tolerated with ER and FE**

Phase 2 – Active

Week 7-9:

- *Pendulums to warm-up*
- *Active range of motion with terminal stretch*
- Supine External Rotation – after 6 weeks progress GRADUALLY to full
- Supine Forward Elevation – after 6 weeks; progress GRADUALLY to full
- Begin active biceps
- Internal Rotation-Full (begin behind the back)
- Begin AROM in supine and progress to upright

Phase 3 – Resisted

Week 10-11:

- *Pendulums to warm-up and continue with Phase 2*
- External and Internal Rotation
- Standing forward punch
- Seated rows
- Shoulder shrugs and Biceps curls

LUCAS G. TESKE, M.D.

141 Hillcrest Drive | Clarksville, TN 37043 | Phone: 931.552.4340 | Fax : 931.552.0999

TOA

TENNESSEE ORTHOPAEDIC ALLIANCE

Weight Training

Week 12:

- Keep hands within eyesight, keep elbows bent, no long lever arms.
- Minimize overhead activities (below shoulder)
- (No Military press, pull-down behind head, or wide grip bench)

Return to Activity

Golf 3 months (chipping and putting), 4-5 months (full swing)
Tennis 4 months

LUCAS G. TESKE, M.D.

141 Hillcrest Drive | Clarksville, TN 37043 | Phone: 931.552.4340 | Fax : 931.552.0999

www.TOA.com   