

## **Rotator Cuff Repair Protocol**

### **Initial Post-op Visit:**

- Remove and change dressings
- Initiate Codman's/Pendulum exercises
- Begin scapular movements (protraction, retraction, elevation, depression)
- Maintain elbow, wrist, hand ROM
- Remind patient of "post-op don'ts"

### **Week 1-4:**

- PROM (Dr. Edwards and Dr. Sohn – 90-90 for flexion and abduction)
- Control pain and edema
- Isometric strengthening
- Grade I mobilizations
- Restore and maintain scapular stability

### **Week 4-6:**

- Initiate UBE and Pulleys
- Grade I-II mobilizations
- Maintain scapular stability

### **Week 6:**

- Initiate AAROM
- Initiate Cane exercises
- Initiate prone rowing
- Begin AROM and light isotonic (Dr Sohn and Dr. Sybesma)
- (Ask Dr. Sybesma about any different precautions)

### **Week 8:**

- Initiate AROM (Dr. Burczak, Dr. Edwards, Dr. Farber)
- Continue scapular stabilization

### **Week 12:**

- Initiate isotonic strengthening (Dr. Burczak, Dr. Edwards, Dr. Farber)
- Continue to advance strengthening exercises (Dr. Sohn, Dr. Sybesma)
- Body blade at side
- PNF for ROM and strength

### **Week 12 +:**

- Aggressive strengthening
- Return to sport and work activities