ORTHOPAEDIC SPECIALISTS OF MASSACHUSETTS

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Post-Operative PT Protocol: Rotator Cuff Repair

Patient: _____ **DOS:** _____ **Therapist:** _____

GENERAL GUIDELINES

Sling 4–6 weeks. Protect repair. Progression: Passive ROM → Active ROM → Strengthening (~6 weeks).

PHASE I (0–4 WEEKS)

Protect repair, reduce pain, begin PROM.

No active motion or lifting.

Pendulums, PROM, elbow/wrist ROM, scapular work.

PHASE II (4–6 WEEKS)

Full PROM → AAROM → AROM.

Pulleys, cane, scapular stabilization, light isometrics.

PHASE III (6–8 WEEKS)

Full AROM, begin strengthening.

Bands (RC, scapula, deltoid), proprioception.

THERAPIST INSTRUCTIONS

Full PROM first → then AROM → strengthening at ~6 weeks.

TEAR SIZE (CIRCLE ONE)

Small Medium Large

Be more conservative with large tears.

FREQUENCY

2–3x/week + HEP

THERAPIST NOTES

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As always, thank you for your help in the care of this patient.

Physician: _____

Signature: _____

Date: _____