

Rotator Cuff Repair Protocol
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Rotator Cuff Repair Rehabilitation Protocol for Dr. Gerhardt

	Range of Motion	Immobilizer	Therapeutic Exercises
Phase I 0-4 weeks	Passive Range only to tolerance. Maintain elbow at or anterior to mid-axillary line while supine. Limit IR at 90° abd to 40° and behind back to T12.	Sling to be worn at all times except for hygiene and therapeutic exercises.	Codman's elbow/wrist/hand ROM, grip strengthening, isometric scapular stabilization.
Phase II 4-8 weeks	4-6 wks: Gentle passive stretch to 140° FF, Abd to 60°-80°, ER 40° at side, IR behind back to T7-T8 and 40° with at 90°abd. . 6-8 wks: Increase ROM to tolerance	None	4-6 wks: Begin gentle active assistive active exercises, begin gentle joint mobs. 6-8 wks: Deltoid and biceps* strengthening.
Phase III 8-12 weeks	Progress to full motion	None	Continue with scapular strengthening, progress exercises in above phases, begin IR/ER isometrics, stretch post capsule when arm is warmed up.
Phase IV 12 weeks-5 months	Full without discomfort	None	Advance exercises in above phases. Begin sports-specific activities, maintain flexibility, increase velocity of motion, return to sports activities.**

*If biceps tenodesis is concomitantly performed, NO biceps strengthening until 8 weeks post-operatively.

** If approved by physician.