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**OPEN OR ARTHROSCOPIC LARGE ROTATOR CUFF REPAIR
PROTOCOL**

Post Op	Exercises
0-4 Weeks	Immobilizer at all times, except for exercises 1. Pendulum exercises 3x/day minimum 2. Elbow and wrist AROM 4x/day minimum 3. Cryocuff/ice: days 1-2 as much as possible, then post activity or for pain
5-6 Weeks	Immobilizer at all times, except for exercises, bathing or sitting quietly 1. PROM within limits and pain tolerance 2. Manual resistance for scapula motions 3. Postural awareness education 4. Gentle soft tissue mobilization and joint mobilization 5. Modalities as indicated for pain or inflammation
6-12 Weeks	Immobilizer for comfort, but may be discontinued, No ROM limits

	<ol style="list-style-type: none"> 1. Initiate AAROM (wand and pulleys), unless specified by physician to progress more slowly 2. Joint mobilization for scapula and glenohumeral mobility 3. Gentle exercises for scapula stabilizers and rotator cuff <p>May include sub-max isometrics, PNF, and supervised UBE</p> <ol style="list-style-type: none"> 4. Progress AROM, with education for quality of motion to avoid shoulder hiking <p>*Patient must be able to elevate without hiking shoulder to progress</p>
12-18 Weeks	RESISTIVE EXERCISES HELD AS PER SURGEON'S INSTRUCTION