

Small Rotator Cuff Repair
Outpatient Rehabilitation Protocol
Dr. Michael Thomas Edgerton

Patient to be seen 2-3x/week beginning after 1st office visit
MD will note on script if biceps tenodesis or subscapularis repair is completed.

Post-op Weeks 1-6

PROM shoulder exercises

Manual PROM, table glides, pendulums, pulley, doorway ER stretch

Scapular AROM

Elbow, forearm, and wrist AROM

Modalities for pain control as needed

Sling x 6 weeks

*NOTES:

*If biceps tenodesis is performed, NO resistive elbow flexion or supination x 6 weeks

*If subscapularis repair is performed, ROM limitations are as follows:

-ER: 20 degree limit weeks 1-2; 30 degree limit weeks 3-6; to tolerance week 7+

-No resisted IR until light strengthening is initiated at week 10

Post-op Week 7-9

AAROM and AROM shoulder exercises

Standing, supine, and prone

Continue manual ROM as needed

Continue modalities as needed

Post-op Week 10+

Progress to light strengthening as tolerated

Progress functional exercises as tolerated

Continue modalities as needed

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Date