

**SIMPLE ROTATOR CUFF REPAIR
REHABILITATION PROTOCOL
SAMIR M. PATEL, MD**



Patient to be seen 2-3x/week, starting on 2nd post-op day

Post-op Weeks 1-4

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

Post-op Week 5 & 6

AAROM & AROM shoulder exercises
 standing, supine and prone
Continue manual ROM as needed
Continue modalities as needed

Post-op Week 7

Progress to light strengthening as tolerated
Progress functional exercises as tolerated
Continue modalities as needed

Physician Signature

Date