

**ROTATOR CUFF REPAIR  
DR. MICHAEL WIESER  
POST-OP REHABILITATION PROTOCOL**

DATE OF SURGERY \_\_\_\_\_

**POST-OP DAY 2 - 14**

Initiate Outpatient Physical Therapy / Occupational Therapy  
Pendulum Exercises  
PROM Shoulder (flexion, abduction, internal rotation, external rotation)  
AAROM - AROM Elbow, Forearm, Wrist  
Modalities as Needed.

**POST-OP DAYS 15 -28**

PROM Shoulder (flexion abduction, internal rotation, external rotation)  
AROM Scapular Retraction and Elevation  
Distal PRE Exercises  
Modalities as Needed

**POST-OP DAYS 29 -42**

AROM Shoulder (small tears)      WILL CLARIFY ON PRESCRIPTION  
Isometrics Shoulder  
Distal PRE Exercises  
Modalities as Needed

**POST OP DAY 43**

AROM Shoulder (large tears)      WILL CLARIFY ON PRESCRIPTION  
Begin Light Resisted Exercises (small tears)

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Physician Signature

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Date