
ROTATOR CUFF REPAIR (LARGE TO MASSIVE)

Postoperative Protocol
Referral for Rehabilitation Services

Patient Name: _____ Date of Surgery: _____

_____/ Week _____ Weeks

Sling for 8 weeks

Phase 1 - Passive

Week 1 - 8

Begin:

1. Pendulums to warm-up
2. Supine position for elevation and external rotation, progress to upright
External rotation limits _____
3. Start internal rotation after 3rd week post-op
4. Wrist and gripping exercises, elbow AROM

Phase 2 - Active

Week 9-12

Begin:

1. Discontinue sling
2. Return to supine for elevation, progress to upright (lawn chair)
3. Continue external and internal rotation – no restrictions
4. Terminal stretching
5. Bicep/Tricep strengthening with elbow by side
6. Isometric shoulder strengthening only

Phase 3 - Resistive

Week 13

Begin:

1. Full motion in all planes with no restrictions
2. Rotator cuff and periscapular (shrugs, rows, serratus, etc)
strengthening program (use weights or therabands)

Several months post-op

Late terminal stretching

Week 16

Progress RTC strengthening and neuromuscular control exercises
Weight training (no long lever arm, abducted position or impingement
position exercises)

Return to Activities

Computer

One month but keyboard must remain on lap

Golf

Chip and putt at 4 months / Full game at 6-7 months

Tennis

Ground strokes at 4-5 months / Full game at 7-8 months

I hereby certify these services as medically necessary for the patient's plan of care.

Physician's Signature

Date