



## Post-Operative Rehabilitation Guidelines: Rotator Cuff Repair

### Phase I: Weeks 1-6

1. Encourage HEP provided post-op in addition to formal PT – pendulums, elbow/wrist ROM, grip strength
2. **True PROM only** - the rotator cuff tendon needs to heal back into the bone
3. **ROM goals:** 140° FF/40° ER at side; ABD max 60-80° without rotation
4. No resisted motions of shoulder until 12 weeks post-op
5. Grip strengthening
6. No canes/pulleys until 6 weeks post-op, because these are active-assisted exercises
7. Heat before PT, ice after PT

### Phase II: Weeks 6-12

1. Begin AAROM → AROM as tolerated
2. Goals: Same as above, but can increase as tolerated
3. Light passive stretching at end ranges
4. Begin scapular exercises, PRE's for large muscle groups (pecs, lats, etc.)
5. At 8 weeks, can begin strengthening/resisted motions
6. Isometrics with arm at side beginning at 8 weeks

### Phase III: Months 3-12

1. Advance to full ROM as tolerated with passive stretching at end ranges
2. Advance strengthening as tolerated: isometrics → bands → light weights (1-5 lbs); 8-12 reps/2-3 sets per rotator cuff, deltoid, and scapular stabilizers
3. Limit strengthening 3x/week to avoid rotator cuff tendonitis
4. Begin eccentrically resisted motions, plyometrics (i.e. weighted ball toss), proprioception (i.e. body blade)
5. Begin sports related rehab at 4.5 months, including advanced conditioning; MMI ~ 12 months
  - a. Return to throwing at 6 months → from mound at 9 months
  - b. Collision sports at 9 months

### Important Information

- *Office Hours:* Monday – Friday; 7:30am –4:30pm
- *After Hours/Emergency Contact:* Resident/Fellow – 708.236.2600
- *Central Scheduling:* 708.236.2701 | <https://rushortho.radixhealth.com/dash/self/#/schedule/29>
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**We are in clinic or surgery and not answering calls in real time – we will return all voicemails within 24-48 hours.**