

# Rotator Cuff Repair Rehabilitation Protocol

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	<b>Range of motion</b>	<b>Immobilizer</b>	<b>Exercises</b>
<b>Phase I</b> 0-4 weeks	<ul style="list-style-type: none"> <li>• <b>0-2 weeks:</b> None</li> <li>• <b>2-4 weeks:</b> Begin PROM with limits of 45° abduction, 90° flexion, 45° ER, 20° extension, 45° AbER</li> </ul>	<ul style="list-style-type: none"> <li>• <b>0-2 weeks:</b> Immobilized at all times day and night except for hygiene and gentle home exercises</li> <li>• <b>2-4 weeks:</b> Worn daytime only</li> </ul>	<ul style="list-style-type: none"> <li>• <b>0-2 weeks:</b> Elbow/wrist ROM, grip strengthening and pendulum exercises at home only</li> <li>• <b>2-4 weeks:</b> Begin PROM to ER at 45°</li> <li>• Codman's, posterior capsule mobilizations; avoid stretch of anterior capsule and extension</li> <li>• Closed chain scapular exercises</li> </ul>
<b>Phase II</b> 4-12 weeks <sup>1</sup>	<ul style="list-style-type: none"> <li>• Begin active/active-assisted ROM</li> <li>• Advance to 135° abduction, 140° flexion, 90° AbER, 45° AbIR</li> </ul>	<ul style="list-style-type: none"> <li>• None</li> </ul>	<ul style="list-style-type: none"> <li>• Continue Phase I work; begin active-assisted exercises, deltoid/rotator cuff isometrics at 8 weeks</li> <li>• Begin resistive exercises for scapular stabilizers, biceps, triceps and rotator cuff<sup>2</sup></li> </ul>
<b>Phase III</b> 12-16 weeks	<ul style="list-style-type: none"> <li>• Gradual return to full AROM</li> </ul>	<ul style="list-style-type: none"> <li>• None</li> </ul>	<ul style="list-style-type: none"> <li>• Advance activities in Phase II; emphasize external rotation and latissimus eccentrics, glenohumeral stabilization</li> <li>• Begin muscle endurance activities (upper body ergometer)</li> <li>• Cycling/running as tolerated at 12 weeks</li> </ul>

	<b>Range of Motion</b>	<b>Immobilizer</b>	<b>Exercises</b>
<b>Phase IV</b> 4-6 months <sup>3</sup>	<ul style="list-style-type: none"> <li>• Full and pain-free</li> </ul>	<ul style="list-style-type: none"> <li>• None</li> </ul>	<ul style="list-style-type: none"> <li>• Aggressive scapular stabilization and eccentric strengthening</li> <li>• Begin plyometric and throwing/raquet program, continue with endurance activities</li> <li>• Maintain ROM and flexibility</li> </ul>
<b>Phase V</b> 6-8 months	<ul style="list-style-type: none"> <li>• Full and pain-free</li> </ul>	<ul style="list-style-type: none"> <li>• None</li> </ul>	<ul style="list-style-type: none"> <li>• Progress Phase IV activities, return to full activity as tolerated</li> </ul>

<sup>1</sup>If a distal clavicle excision is performed, horizontal adduction is restricted for 8 weeks post-op

<sup>2</sup>If a biceps tenodesis is performed, avoid active flexion of biceps and eccentric loads on biceps for 6 weeks post-op

<sup>3</sup>Limited return to sports activities during Phase IV if cleared by surgeon

***MD recheck at 7-10 days, 6 weeks, 3 months***

**Avoid NSAIDS until 4 weeks after surgery**