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ROTATOR CUFF REPAIR (with subscapularis) PROTOCOL

Patient Name: _____

Date: _____

WEEK 1:

- 1) Take arm out of sling and move below elbow, wrist, and hand at least 4 times a day. Keep upper arm and shoulder at your side to protect the repair.
- 2) Dangling the arm or pendulum exercises (once demonstrated by your physical therapist) is allowed.
- 3) A sling is to be worn at all times, except for therapy and hygiene for 4-6 weeks depending on the size of the tear.

WEEKS 2-4:

Start physical therapy.

- 1) Modalities to decrease pain and swelling
- 2) Gentle passive ROM: FF 0-90 degrees only in plane of scapula. No ER or abduction for first 6 wks
- 3) Active elbow, wrist, and hand exercises
- 4) No active abduction

WEEKS 5-8:

- 1) Active-assisted ROM begins and progress to regain full ROM. Can begin ER and abduction at 6 wks
- 2) Week 6- Advance active ROM as tolerated
- 3) Start closed chain exercises for scapula stabilization
- 4) Discontinue sling

WEEKS 8-12: Start a strengthening program with theraband, especially rotation to strengthen subscapularis and infraspinatus

WEEK 10: Advance to pulleys and light weights

WEEK 12: Sport specific training or work hardening as needed.

ADDITIONAL COMMENTS: _____