

## Physical Therapy Protocol Small Rotator Cuff Repair

**Recommendation:** PT/OT visits 2-3x/week for 0-3 months then 1x/week for 3-6 months

### Day 0-14

- Wear sling at all times (except to shower)
- No active range of motion
- Gentle passive ROM of shoulder, elbow, wrist

### Week 2-6

- No active range of motion
- Soft tissue mobilization
- Gentle passive ROM of shoulder, elbow, wrist
  - Limited to 90 degrees forward flexion, 30 degrees external rotation
- Begin to wean out of sling – goal to be out of sling by 6 weeks

### Week 6-10 (Goal for full PROM)

- Focus on achieving full passive range of motion
- Begin active range of motion
- No resistance

### Week 10-16 (Goal for full AROM)

- Active and passive ROM
- Light resistance (<5lbs)
- Elastic bands
- Work towards home program

### Week >16

- Resistance training as tolerated
- Closed chain exercises
- Return to daily function
- Home program