

## **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