



JOINT PRESERVATION INSTITUTE

Rotator Cuff Repair Rehabilitation Protocol

Rotator cuff repairs are limited by the inherent limitation of soft-tissue healing to bone. The full recovery from these procedures occurs after 9-12 months.

Avoid activities that lead to sustained pain.

0-6 weeks

Pain Control.

Passive ROM with PT, pendulum exercises only. No active or active assisted activation.

Limit passive external rotation to 10 degrees

No elevation greater than 90 degrees.

ABSOLUTELY: no active shoulder muscle contractions during rehab.

Scapular mobilization / proprioception

6-12 weeks

Sling off

Very gentle active assisted ROM, no resistance.

Gentle (20% of maximum strength) isometric shoulder rotation exercises with elbow by side

Core strengthening especially transversus abdominis and paraspinal muscles.

Proprioceptive training

Scapular mobilization

Greater than 12 Weeks

Resume activities of daily living

Progressive strengthening of rotator cuff over the ensuing 3 months. Cardiovascular conditioning

Core strengthening especially transversus abdominis, multifidus