

Protocol for:

- **ROTATOR CUFF REPAIR**

Must wear sling for 6 weeks!!

- Keep arm at side of body when out of sling for bathing or exercise
- Come out of sling to move elbow, wrist, and hand (3 x daily)
- ***** Sleep in sling

No Lifting, Pushing, or Pulling for 3 Months!!!!

Return to Activities:

•Computer •Eating •Holding a book •Typing •Writing	Immediately
•Golf (Chip and Putt ONLY)	12 Weeks
•Golf (Full Swing)	4 – 5 Months
•Tennis	6 Months

Rehab:

Phase I (Passive ROM)	Weeks 1 - 6	<ul style="list-style-type: none"> • Pendulums to warm up • Gentle stretch • Supine ER gradually progressing to full • Supine FF gradually progressing to full • IR gradually progressing to full
Phase II (Active/Assistive)	Weeks 6 - 12	<ul style="list-style-type: none"> • Supine to seated ER gradually progressing to full • Supine to seated FF gradually progressing to full • Focus on FF in scapular plane & pulleys • Supine FF → standing wall slides → FF in front of mirror • IR gradually progressing to full
Phase III (Resisted)	Weeks 12 →	<ul style="list-style-type: none"> • PRE's for rotator cuff, periscapular and deltoid strengthening • IR/ER • Serratus punches • Rows • Biceps Curls
Weight Training	Week 12 →	<ul style="list-style-type: none"> • Check with doctor first <ul style="list-style-type: none"> ○ Keep hands within eyesight and elbow bent ○ Minimize overhead activities ○ ***** Very light weights with high repetitions, advance slowly

ROM – Range of Motion

ER – External Rotation

FF – Forward Flexion

IR – Internal Rotation

PRE's – Progressive Resistance Exercises