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# EVANGELISTA ORTHOPEDIC CLINIC

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## **ROTATOR CUFF REPAIR POST-OPERATIVE REHABILITATION GUIDELINES**

### **0-6 Weeks:**

- Goal: Establish Passive Range of Motion (PROM)<sup>1</sup>
- Exercise: PROM<sup>1</sup> ONLY (No pulleys, No wands)
- Sling:
  - Wear sling at all times
  - If you move frequently at night, you should wear your sling while you sleep.

Note: If a subscapularis repair was performed, please limit Exercise range (ER) to 15 degrees for the first 6 weeks

### **6-12 Weeks:**

- Goal: Begin strengthening
- Exerc: Initiate Active Assisted Range of Motion (AAROM)<sup>1</sup>  
Begin with pendulum, pulley, and wand exercises
- Sling: As needed. May recommend in large crowds to avoid re-injury

### **12+ Weeks:**

- Goal: Increase Strength
- Exerc: Continue Active Range of Motion (AROM)\* and begin progressive strengthening (low load, high repetition therapeutic exercise), initiate wall climbing

<sup>1</sup> All PROM, AAROM, and AROM is to be performed in the plane of the scapula (forward elevation) or with the arm adducted (internal and external rotation)

### **Note:**

- For the first 6 weeks, external rotation is limited to 30 degrees and internal rotation is limited to the chest wall
- AROM/AAROM for internal and external rotation should always be performed with the arm adducted
  - No abduction is permitted for the first 6 weeks. Passive abduction is permitted thereafter

If you have any questions about these guidelines, your procedure or the rehabilitation process please do not hesitate to call us at 480-656-0291.