



Rotator Cuff Repair (Small) PT Protocol

X = Perform exercise

Week

Range of Motion (ROM)	Week													
Early Therapy	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Pendulums	X	X	X	X	X	X								
Cervical, Elbow, Wrist, Finger ROM	X	X	X	X	X	X								
Ball Squeeze	X	X	X	X	X	X								
Scapular Retraction/Depression	X	X	X	X	X	X								
Ankle Pumps	X	X	X	X	X	X								
Passive Range of Motion (PROM)	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Forward Elevation	X	X	X	X	X	X	X	X	X	X	X	X	X	X
External Rotation (Scapular Plane)	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Internal Rotation (Scapular Plane)	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Active Assist Motion (AAROM)	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Forward Elevation					X	X	X	X	X	X	X	X	X	X
External Rotation (Scapular Plane)						X	X	X	X	X	X	X	X	X
Internal Rotation (Scapular Plane)						X	X	X	X	X	X	X	X	X
Active Range of Motion (AROM)	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Forward Elevation							X	X	X	X	X	X	X	X
External Rotation (Scapular Plane)							X	X	X	X	X	X	X	X
Internal Rotation (Scapular Plane)							X	X	X	X	X	X	X	X
Abduction (when full elevation obtained)								X	X	X	X	X	X	X
Isotonic Strengthening	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Prone Rows to Neutral								X	X	X	X	X	X	X
Prone Horizontal Abduction								X	X	X	X	X	X	X
Forward Elevation to 90 degrees								X	X	X	X	X	X	X
Prone Extension								X	X	X	X	X	X	X
General Strengthening	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Lat Pulldown (narrow grip)										X	X	X	X	X
Forward Punch/Dumbbell Chest Press										X	X	X	X	X
Machine Rows										X	X	X	X	X
Bicep Curl/Triceps Extension										X	X	X	X	X
Close Chain Stabilization											X	X	X	X
Sports	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Swimming														X
Overhead / Serving Sports														X
Contact Sports														X
Activities of Daily Living w/ Arm	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Eating/Drinking							X	X	X	X	X	X	X	X
Dressing							X	X	X	X	X	X	X	X
Showering							X	X	X	X	X	X	X	X
Driving			X	X	X	X	X	X	X	X	X	X	X	X
Overhead Activity								X	X	X	X	X	X	X
Computer use (waist level)	X	X	X	X	X	X	X	X	X	X	X	X	X	X

PROM:
- Starts at week 0
AAROM:
- Starts at week 5
AROM:
- Starts at week 7

Strengthening
- Starts at week 8 (gentle)

Sling Use
(while not in PT)
- Full-time: weeks 0-6
- Discontinue abduction pillow: at week 3
- Discontinue sling: after week 6

Goals
- Full PROM by 6 weeks
- Full AROM by 12 weeks
- Full strength / return to normal activity at 24 weeks

Biceps Tenodesis
- No active elbow flexion x 6 weeks
- 5 lb limit 6-8 weeks