



Centers for  
Orthopaedics  
*Experience in Motion*

33 Sewall Street  
Portland, ME 04102  
(207) 828-2100

[www.orthoassociates.com](http://www.orthoassociates.com)

## MEDIUM ROTATOR CUFF REPAIR PROTOCOL

### Includes Treatment for:

*Open Repair Medium Rotator Cuff Tear*

*Arthroscopic Repair Small and Medium Rotator Cuff Tear*

### Post op

#### 0-2 Weeks

**Sling/swathe at all times, except for exercises.**

**PROM limits to: 90 pure abduction, 20 extension, 70 internal rotation (not behind back), no limitations for flexion, external rotation as tolerated (unless specified by physician)**

1. Pendulum exercises 3x/day minimum
2. PROM within pain tolerance
3. Elbow and wrist AROM 4x/day minimum
4. Cryocuff ice: days 1-2 as much as possible, then post activity for pain

#### 2-6 Weeks

**Decrease use of sling during the day, except in uncontrolled situations and at night. ROM limits continued**

1. PROM within limits and pain tolerance
2. Manual resistance for scapular motions
3. Postural awareness education
4. Gentle soft tissue mobilization and joint mobilization
5. Modalities as indicated for pain or inflammation

#### 6-12 Weeks

**Discontinue sling at night. No ROM limits**

1. Initiate AAROM/ AROM including wand and pulleys
2. Joint mobilization for scapula and glenohumeral mobility
3. Gentle exercises for scapular stabilizers and rotator cuff  
May include sub-max isometrics, PNF, and supervised UBE.  
Emphasis of strengthening on high reps and low weight with postural awareness

**Goal: Involved shoulder AROM grossly WNL by 12 weeks**



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**12-18 Weeks**

1. Resistive exercises as tolerated
2. Progress toward independent home program
3. Reinforce postural awareness, quality of exercise technique and proper PRE progression