



Centers for
Orthopaedics
Experience in Motion

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

www.orthoassociates.com

OPEN SMALL ROTATOR CUFF PROTOCOL

Post-op

0-2 Weeks

Sling worn for comfort

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

2-6 Weeks

Avoid active elevation (anterior deltoid) until 6 weeks

1. Progress AAROM/AROM within pain tolerance
2. Sub-maximal isometrics for shoulder musculature, except flexion
3. Manual resistance for scapular motions
4. Postural awareness education
5. Gentle soft tissue mobilization and glenohumeral inferior glide
6. Modalities as indicated for pain or inflammation
7. May initiate UBE after 4 weeks.

Goal: Involved shoulder AAROM grossly WNL by 6 weeks

6-12 Weeks

1. Progress AROM in all ranges
2. Joint mobilization for scapula and glenohumeral mobility
3. Strengthening exercises for scapular stabilizers and rotator cuff. Emphasis of strengthening on high reps and low weight, with postural awareness. May include PRE's, theratube/band, PNF and weight equipment
4. Progress to independent home program

Goal: AROM grossly WNL without shoulder hiking by 12 weeks