



Mercy Sports Medicine Institute &
Joint Preservation Center

Robert Kollmorgen D.O.

Sylvania Ave PH: 419-517-8178 Perrysburg PH: 419-873-6194

St Vincent's Hospital PH: 419-251-6784

ROTATOR CUFF REPAIR

Revised August 2008

Post-op Days 1 – 21

Immobilizer with abductor pillow x 4-6 weeks – Even while sleeping

– Place pillow under shoulder / arm while sleeping for comfort

Hand squeezing exercises

Elbow and wrist active motion (AROM) with shoulder in neutral position at side

Supported pendulum exercises

Shoulder shrugs / scapular retraction without resistance

PROM by therapist / Active assist motion (AAROM) w/ pulleys or supine w/ wand

– Flexion to 90 degrees

– Abduction to 90 degrees

– ER to within 30 degrees of opposite shoulder

Stationary bike (must wear immobilizer)

Ice pack

Goals

Pain control

AAROM Flexion and Abduction to 90 degrees

Weeks 3 – 6

Continue immobilizer x 4-6 weeks

Continue appropriate previous exercises

Full pendulum exercises

AAROM – Flexion and Abduction > 90 degrees (pulleys, supine wand)

– ER as tolerated (wand, doorway stretch)

– IR as tolerated **if no subscapularis repair** (wand behind back)

1-2 Finger Isometrics x 6 (fist in box)

Goal – AAROM Flexion and Abduction to 150 degrees

Weeks 6 – 9

D/C Immobilizer

Continue appropriate previous exercises

AROM, AAROM through full range

Light Theraband ex x 6

Standing rows with Theraband

Prone scapular retraction exercises (without weights)

Biceps and Triceps PREs with light weight

UBE forwards and backwards with low resistance

Stairmaster

Treadmill – Walking progression program

Pool walking / running – No UE resistive exercises

Goal – Full AROM

Weeks 9 – 12

Continue appropriate previous exercises
PROM / mobilization as needed to regain full ROM
Theraband ex with increased resistance as tolerated
Seated row weight machine with light weight
Body Blade
Ball on wall (arcs, alphabet)
BAPS on hands
Ball toss with arm at side using light ball
Push-up progression against wall
Elliptical trainer
Pool therapy – With UE resistance

Goals

Normal rotator cuff strength
30 wall push-ups

Months 3 – 4

Continue appropriate previous exercises
Push-up progression – Table to chair
Ball toss overhead
Fitter on hands
Treadmill – Running progression program

Goals

30 chair push-ups
Run 2 miles at easy pace

Months 4 – 6

Continue appropriate previous exercises
Weight training with light resistance (no overhead press or pull downs)
Gravitron – Pull-ups and dips
Push-ups, regular
Sit-ups
Swimming
Running progression to track
Transition to home / gym program

Goals

Return to all activities
Pass APFT at 9 months post-op

No contact sports until 9 months post-op