



Small/Medium Rotator Cuff Repair Protocol

	RANGE OF MOTION	IMMOBILIZER	EXERCISES
PHASE I 0-6 weeks	0-2 weeks: Elbow and wrist only. 2-4 weeks: Begin shoulder PROM Limit 90° flexion, 45° ER, 20° extension, 45° abduction, 45° ABER	0-6 weeks: Abduction sling at all times (day and night) Off for hygiene and Gentle home exercises	0-2 weeks: Elbow/wrist ROM, grip strengthening and table slides only, cryotherapy 2-6 weeks: Begin PROM to ER to 45° Codman's, posterior capsule mobilizations; avoid stretch of anterior capsule and extension *NO Resistance Therabands until 3 months after surgery.
PHASE II 6-12 weeks	Begin active assisted ROM Advance to 140° FE, 135° Abduction, 90° ABER, 45° ABIR	None	Continue Phase I work; begin active-assisted exercises. Begin overhead pulleys. Begin resistive exercises for scapular stabilizers, biceps, triceps
PHASE III 12-16 weeks	Gradual return to full AROM	None	Advance activities in Phase II; emphasize external rotation and latissimus eccentrics, glenohumeral stabilization. Begin Theraband RC exercises. Start sleeper stretch.
PHASE IV 4-6 months	Full and pain-free	None	Aggressive scapular stabilization and eccentric strengthening; scapular perturbation. Begin plyometric, continue with endurance activities. Maintain ROM and flexibility.
PHASE V 6-8 months	Full and pain-free	None	Progress Phase IV activities, return to full activities as tolerated