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Rotator Cuff Repair Small Tear (less than 1cm) – Type 1

THIS PROTOCOL IS PROVIDED FOR GENERAL GUIDELINES AND RECOMMENDATIONS. ALL PHYSICIAN ORDERS SUPERCEDED THIS PROTOCOL. IT IS ADVISED THAT THERPAIST USE CLINICAL JUDGEMENT AND DISCRETION IN ADVANCING PATIENTS THROUGH THE PROTOCOL.

Sling - To be worn until 6 weeks post op. Remove for physical therapy, HEP, hygiene and dressing

If bicep tenodesis is performed, no active biceps for 6 weeks

PHASE 1 – Protective Phase (WEEKS 0-6)

Goals:

1. Improve Shoulder range of motion
2. Decrease shoulder pain

Therapeutic Exercise:

Hand ball squeeze or putty
Wrist ROM and strengthening
Elbow ROM and strengthening
Passive and active scapular ROM
Pendulum Exercises
PROM to the shoulder in all directions to tolerance
Glenohumeral joint mobilizations
3 weeks post op
Wand or cane exercises in supine
Pulleys
Submaximal Isometrics

Modalities:

Cryotherapy/Ice packs for swelling and pain management
Electrical stimulation/IFC for pain control and swelling if needed



PHASE 2 –INTERMEDIATE PHASE (WEEKS 6-12)

Goals:

1. Full non-painful AROM.
2. Improved strength and power
3. Increase functional activities

Therapeutic Exercise:

Continue previous exercises as needed

Progress AA exercises to full AROM of the shoulder

Active stretches to improve ROM

Initiate Theraband and isotonic strengthening exercises with emphasis of scapular stabilization and rotator cuff strengthening.

Add upper body UBE or ergometer

PHASE 3 – ADVANCED STRENGTHENING PHASE (WEEKS 12-18)

Goals:

1. Maintain shoulder ROM
2. Improve shoulder strength and upper extremity strength
3. Return to functional activities

Therapeutic Exercise:

Continue previous exercises

Continue to increase strengthening program as patient can tolerate

Add closed kinetic chain UE exercises

Add functional strengthening exercises for job or sport specific

PHASE 4 –RETURN TO ACTIVITY PHASE (WEEKS 18-

Therapeutic Exercise:

Continue previous exercises

Initiate throwing program

Initiate exercises and conditioning for return to work or sports activities

RETURN TO WORK and or PLAY

Return to work and or playing in sporting events when cleared by physician only.