

ORTHOPAEDIC SURGERY & SPORTS MEDICINE

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ROTATOR CUFF REPAIR POST-OPERATIVE REHABILITATION GUIDELINES

0-6 WEEKS

PROM Only. No Pendulums, no pulleys or wand exercises. Sling support of operative upper extremity at all times.

6-12 WEEKS

Initiate **AAROM**. Begin pendulums, pulleys and wand exercises. No wall climbing. D/C sling.

12 WEEKS

Initiate **AROM** and progressive strengthening (low load, high repetition therapeutic exercises). Initiate wall climbing.

All **PROM**, **AAROM** and **AROM** are to be performed in **FORWARD ELEVATION** and **EXTERNAL ROTATION** only (**NO ABDUCTION**).

FORWARD ELEVATION: Raising UE in the plane of motion between forward flexion and scaption.