



Post-Operative Rehabilitation Guidelines for Rotator Cuff Tears

- 1-6 Weeks:** Use of Sling (Immobilization length dependent upon procedure)
Active ROM Wrist and Hand only for 1st 2 weeks
Introduce Active ROM Elbow (following 1st post op evaluation)
- 4-6 Weeks:** Discontinue sling use (approx. 6 weeks post op).
Begin Active Physical Therapy at 4-6 week mark (dependent on surgery)
Begin Active Assist ROM and advance to Active as Tolerated
Elevation in scapular plane and external rotation as tolerated No Internal rotation or behind back until 6wks.
Begin Cuff Isometrics at 6wks with arm at the side
- 6-12 Weeks:** Active Assist to Active ROM Shoulder As Tolerated
Elevation in scapular plane and external rotation to tolerance Begin internal rotation as tolerated
Light stretching at end ranges
Cuff Isometrics with the arm at the side
Upper Body Ergometer
- 3-12 Months** Advance to full ROM as tolerated with passive stretching at end ranges
Advance strengthening as tolerated: isometrics → bands → light weights (1-5 lbs); 8-12 reps/2-3 sets per rotator cuff, deltoid, and scapular stabilizers
- Only do strengthening 3x/week to avoid rotator cuff tendonitis
Begin eccentrically resisted motions, plyometrics (ex. Weighted ball toss), proprioception (i.e. body blade,) .
Thrower's 10 Program & Advanced Thrower's 10 Program
Begin sports specific rehab at 4 ½ months, including advanced conditioning Return to throwing at 6 months
Throw from pitcher's mound at 9 months collision sports at 9 months

