

ROTATOR CUFF REPAIR – LARGE TEAR REHABILITATION PROTOCOL

Patient:

Date of Surgery:

0 - 2 Weeks

- Abduction sling at all times

2 - 6 Weeks

- Pendulum exercises only
- Sling when not performing pendulums

6 - 9 Weeks

- Stage I – Active Assisted ROM
- Wean Sling

9 - 12 Weeks

- Stage II – Active ROM
(begin supine, then progress to 30°/60°/full upright AROM when patient has achieved full ROM at previous level)

12 - 16 Weeks

- Stage III – Strengthening

6 Months

- Unrestricted Activities (avoid heavy lifting/repetitive overhead work for 6 months)

Special Instructions/Modifications to Protocol:

**PLEASE SEE RE: REHAB as per PROTOCOL
THANK YOU!**