

## **ROTATOR CUFF REPAIR – SMALL/MEDIUM TEAR REHABILITATION PROTOCOL**

Patient:

Date of Surgery:

0 - 4 Weeks

- Pendulum exercises only
- Sling when not performing pendulums

4 - 8 Weeks

- Stage I - Active Assisted ROM
- Wean sling

8 - 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 Weeks

- Stage III – Strengthening

4- 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!**