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Rotator Cuff Repair (STANDARD)
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	PRECAUTIONS	ROM	EXERCISES
Phase 1: 0-6 weeks **2-week post op visit to review/udate HEP** **HEP ONLY**	May shower 48 hours after surgery Ultrasling Immobilizer at all times except exercises Cryotherapy	Passive Scaption as tolerated Passive ER as tolerated	**HEP ONLY:** 3x/day: Hand, Wrist, Elbow AROM out of sling. Pendulums Passive ER to tolerance Passive Scaption to tolerance Add scapular Mobility exercises to begin in HEP at 3-4 weeks post-op
Phase 2: 6-12 weeks 2-3x/week **Initiate Formal Rehab**	D/C Sling 5# restriction for ADL's	PROM to tolerance Begin AROM at 8 weeks post-op. Avoid shoulder hiking and subacromial impingement	Shoulder Passive ROM (no stretching for 8 weeks) Initiate AAROM shoulder exs: Supine wand, Pulleys. Shoulder AROM Active scapular stabilization Active Hand, wrist, elbow strengthening Emphasize IR behind the back at 10-12 weeks
Phase 3: 12-16 weeks 2-3x/week **Strengthening**	Limit Overhead lifting	Full Passive and Active	Initiate strengthening for RTC and deltoid in clinic and in HEP Emphasize scapular control
Phase 4: 4+ months 2-3x/week **Function**	No formal restrictions Surgeon will determine return to work and gym	Full Passive and Active	Work and recreational activity training Sports progressions

MD post op appts:2 weeks, 6 weeks, 12 weeks;
Please send progress notes prior to each of these MD appts.
This protocol is not a substitute for clinical decision making of the health care professional.
Please see referral for any specific post op instructions; Call for op-reports if needed.