

REHABILITATION PROTOCOL-ROTATOR CUFF REPAIR

1. Week 0-2
 - Rest in sling Day and Night
 - Regular Ice
 - Periscapular and Trapezius Exercise
 - Gentle Active ROM Exercise
 - Elbow
 - Wrist
 - Fingers
 - Sling removes x1 /day for showering
 - Passive pendulum exercises only

2. Week 2-6 Under Physio supervision or x1-2 /Day as directed
 - Passive forward flexion to 90 degrees (supine)
 - Passive ER to 45 degrees (walking stick)
 - Sling other times

3. Week 6
 - Out of Sling
 - Active ROM permitted/ wall walking
 - Aim for full active/assisted ROM
 - Start isometric anterior/ posterior cuff
 - Strengthening- gentle
 - Posterior and anterior capsular stretches

4. Week 8
 - Introduce Theraband anterior and posterior cuff rehab(Below umbilical height)
 - Eccentric Supraspinatus strengthening(below 45 degrees elevation)
 - Scapular setting/co-ordination

5. Week 10-12
 - Concentric Supraspinatus Strengthening