

# Rotator Cuff Repair Protocol – Dr. Gaskill

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Update: March, 2020

- A. PROM phase (0-4 weeks)
  - 1. Abduction sling
  - 2. Frequent cryotherapy and modalities as indicated
  - 3. Restrictions
    - a. No active movement of glenohumeral joint
    - b. PROM to tolerance unless physician directs otherwise
  - 4. Exercise
    - a. PROM for glenohumeral joint
    - b. Pendulums and shrugs
    - c. AROM for elbow and distal joints
    - d. Sub-maximal, pain free isometrics (no Abd. or ER)
- B. AAROM phase (4-6 weeks)
  - 1. Continue cryotherapy and modalities as indicated
  - 2. Exercise
    - a. AAROM for glenohumeral joint
    - b. Continue PROM as indicated
  - 3. Continue sling with abduction pillow
- C. AROM phase (6-12 weeks)
  - 1. Wean from sling, beginning with the abduction pillow then (should wean out of sling within a week)
  - 2. Continue cryotherapy and modalities as indicated
  - 3. Exercise
    - a. AROM for glenohumeral joint
    - b. Focus on restoration of normal arthrokinematics
    - c. Light PRE: Row, Bicep, Shrug
- D. Strength phase (12 weeks)
  - 1. Progressive OKC and CKC gym styled program
- E. Sport specific progressions – physician cleared
  - 1. Golf progression ≈ 14 weeks post-op
  - 2. Throwing progression ≈ 16 weeks post-op