

Rotator Cuff Repair (Simple Tear) Protocol – Dr. Duethman

Update: August 2022

- A. PROM phase (0-2 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 (2-4 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 (4-12 weeks)
 - 1. Wean from sling
 - 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