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Rotator Cuff Rehab Protocol

Thomas Burns, MD

WEEKS 1-4

Range of motion

- Passive ONLY
- Home stretches
- Pendulum exercises

Strength

- No rotator cuff contraction

Sling

WEEKS 5-8

Range of motion

- Goal is full motion in all planes at end of 6-8 weeks
- Continue home stretches

Strength

- Active assisted ROM, progressing to active ROM
- No resistance except gravity

Remove sling

WEEKS 9-12

Range of motion

- Should attain full ROM if no extraneous factors

Strength

- Progress to light resisted exercises
- Slow resistance progression

MONTHS 4-6

Progressive strengthening at home

Activity levels will depend on tear characteristics and will be discussed with physician