

Dr. Franky Davis
Sterling Center Orthopedics and Sports Medicine
Physical Therapy
Rotator Cuff Repair - Small and Medium
With or without Biceps Release
Post Operative Protocol

Phase I – Maximum Protection (Week 0 to 6):

- › Sling
- › Ace wrap hand to shoulder x 2 weeks with biceps release
- › Ice and modalities to reduce pain and inflammation
- › Active hand and wrist range of motion
- › Passive biceps x 6 weeks for biceps release, otherwise active as tolerated
- › Active shoulder retraction
- › Passive range of motion (Gradual Progression)
 - Full flexion and external rotation
 - Avoid internal rotation until 3 weeks post-operative
- › Shoulder pulleys – flexion and abduction

Phase II – Progressive Stretching and Active Motion (Weeks 6 to 8):

- › Terminal range of motion stretching as tolerated all planes
- › Active range of motion shoulder and elbow (biceps release)
- › Wand flexion and abduction
- › Scapular strengthening
- › Proprioception drills emphasizing neuromuscular control

Phase III – Strengthening Phase (Weeks 8 to 12):

- › Submaximal rotator cuff isometrics at 8 weeks
- › Biceps strengthening at 8 weeks (biceps release)
- › Resisted rotator cuff and scapular stabilization program at 10 weeks
- › Proprioception and neuromuscular control drills

Phase IV – Advanced Strengthening and Plyometric Drills (Week 12 to 20):

- › Gym strengthening program as tolerated
- › Progressive closed kinetic chain program as tolerated
- › Initiate plyometric and rebounder drills

Phase V – Interval sports program (Weeks 20 to 24):

- › Follow-up examination with the physician
- › Range of motion and MMT. Must test at > 90% strength for return to sport programs.

