

PT Protocol – Rotator Cuff Repair Massive or Revision

*Blood Flow Restriction (BFR) encouraged at all stages

- **Weeks 0-6 PASSIVE**

- Sling and abduction pillow around the clock
 - May remove for shower, meals, getting dressed, and exercises
- Remove sling 2 times per day for:
 - Elbow flexion & extension exercises, wrist & hand exercises
 - Supine passive external rotation stretch with cane/stick up to 45 degrees (30 degrees if subscapularis repair)

Hold each stretch for 10 seconds (this is 1 repetition)

Perform 2 sets of 10 repetitions each. Do exercises 2 times per day.

- **Weeks 7-12 PASSIVE**

- Discontinue sling
- Passive overhead forward elevation with rope and pulley
- Supine overhead stretches using cane/stick or opposite arm
- Continue passive external rotation with cane/stick
- No passive internal rotation

- **Months 3-4 ACTIVE/ASSISTED**

- Start passive internal rotation
- Continue forward elevation/external rotation

- **Months 4-6 STRENGTHENING**

- Start strengthening with elastic bands (4 pack)
- Resisted internal & external rotation with arm at the side
- Low row, biceps curl
- 4 sets of 10 repetitions, twice a day
- Continue stretching program (including internal rotation)

- **Months 6-12 RETURN TO NORMAL ACTIVITIES**

- May progress to light weights in gym
- Continue overhead lifting restriction and sport restriction until 1 year