

PT Protocol – Rotator Cuff Repair Partial-thickness or Small Full-Thickness

*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 2-3 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)
 - Table slides (closed-chain forward flexion stretches)

*Hold each stretch for 10 seconds (this is 1 repetition).
Perform 2 sets of 10 repetitions each.
Do exercises 2-3 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 3-6 ACTIVE/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 (start internal rotation)

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

- May progress to light weights in gym
- Clearance to full activity