



Curtis Bush, MD
817-878-5300

Rotator Cuff Repair (> 3cm)

Ultra sling (with abduction pillow) for weeks 0-4. Regular sling for weeks 4-8

Phase 0 – (QUIET)

Week 0 – 4

Quiet in sling with elbow/wrist/hand
Begin active scapular retraction/protraction exercises with therapist cueing

Phase 1 –(PASSIVE)

Week 5 –8

Pendulums to warm-up beginning week 5

Supine External Rotation –0°-30° beginning at 5 weeks with progression to full PROM by 8 weeks
Supine Forward Elevation –0°-90° beginning at 5 weeks with progression to full PROM by 8 weeks

** progress to upright as tolerated with ER and FE
No resisted elbow flexion for 6 weeks for biceps tenodesis*

Phase 2 –(ACTIVE)

Week 9-12

Pendulums to warm-up.
Active Range of Motion with terminal stretch
Supine External Rotation – after 8 weeks progress GRADUALLY to full
Supine Forward Elevation – after 8 weeks; progress GRADUALLY to full Begin active biceps
Internal Rotation-Full (begin behind the back)
Begin AROM in supine and progress to upright

Phase 3 –(RESISTED)

Week 13

Pendulums to warm up and continue with phase 2.
External and Internal Rotation
Standing forward punch
Seated rows
Shoulder shrugs and Biceps curls

Phase 4 (WEIGHT TRAINING)

Week 16

Keep hands within eyesight, keep elbows bent, no long lever arms.
Minimize overhead activities (below shoulder)
(No Military press, pull-down behind head, or wide grip bench)

Initiation of Interval Sport Program

Golf	5-6 months
Tennis	7-8 months
Ski	7-8 months