

Rotator Cuff Repair Rehab (large-massive tear)

0-3 weeks:

- Sling at all times
- May be directed by surgeon/physiotherapist to begin pendular exercises at week 2

3-6 weeks:

- Pendular exercises only (unless otherwise directed),
- Elbow / wrist / hand exercises
- Weaning sling between 3-6 weeks
- May begin Active Assisted Range of Motion (not abduction) near the end of this stage

6-9 weeks:

- Active Assisted Range of Motion (not abduction) unless otherwise directed to begin earlier
- May begin Active Range of Motion (supine) near the end of this stage, dependent on patient progress

9-12 weeks:

- Active Range of Motion – begin in supine and progress to full upright
- Active Assisted Abduction, unless otherwise directed

12 weeks:

- Strengthening and Active Abduction
- Terminal stretching

6 months:

- Unrestricted activities
- Avoid heavy lifting and repetitive overhead activities for additional 6 months