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ROTATOR CUFF SMALL TEAR REPAIR POSTOPERATIVE PROTOCOL

0-2 Weeks

- Sling immobilization is utilized for 6 weeks - the sling is only removed for hygiene, showering and therapy
- No shoulder motion
- Being passive elbow motion
- Begin active motion of the wrist and hand
- Return visit to the office for a 2 week visit

2-6 Weeks

- Sling immobilization is utilized for 6 weeks - the sling is only removed for hygiene, showering and therapy
- Continue passive and begin active-assisted range of motion of the elbow
- Continue active motion of the wrist and hand
- Begin progressive passive and gentle active-assisted shoulder range of motion in all planes with no motion restrictions
- No shoulder strengthening exercises
- Return visit to the office for a 6 week visit

6-12 Weeks

- Discontinue sling immobilization
- Active range of motion of elbow, wrist and hand
- Begin active shoulder range of motion in all planes with no motion restrictions - Progress to regain full range of motion
- No Strengthening Exercises until 8 weeks postoperatively; then begin Deltoid, Rotator Cuff and Periscapular muscle strengthening exercises
- Return visit to the office for a 12 week visit

3-6 Months

- Continue active range of motion of elbow, wrist and hand
- Continue active shoulder range of motion in all planes with no motion restrictions and maintain full range of motion
- Continue Deltoid, Rotator Cuff and Periscapular muscle strengthening exercises - advance strengthening exercise as tolerated
- Return visit to the office for a 6 months visit

This protocol represents an overview of the standard postoperative course. Each patient's medical condition is unique, and thus, variations may be needed to tailor the rehabilitation protocol to optimize recovery.