

Central Indiana Orthopedics  
14300 E 138th St  
Building B  
Fishers, IN 46037

## Rotator Cuff Repair (Small) PT Protocol

X = Perform exercise

**Week**

<b>Range of Motion (ROM)</b>	<b>Week</b>													
<b>Early Therapy</b>	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Pendulums	X	X	X	X	X	X								
Cervical, Elbow, Wrist, Finger ROM	X	X	X	X	X	X								
Ball Squeeze	X	X	X	X	X	X								
Scapular Retraction/Depression	X	X	X	X	X	X								
Ankle Pumps	X	X	X	X	X	X								
<b>Passive Range of Motion (PROM)</b>	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Forward Elevation	X	X	X	X	X	X	X	X	X	X	X	X	X	X
External Rotation (Scapular Plane)	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Internal Rotation (Scapular Plane)	X	X	X	X	X	X	X	X	X	X	X	X	X	X
<b>Active Assist Motion (AAROM)</b>	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Forward Elevation					X	X	X	X	X	X	X	X	X	X
External Rotation (Scapular Plane)						X	X	X	X	X	X	X	X	X
Internal Rotation (Scapular Plane)						X	X	X	X	X	X	X	X	X
<b>Active Range of Motion (AROM)</b>	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Forward Elevation							X	X	X	X	X	X	X	X
External Rotation (Scapular Plane)							X	X	X	X	X	X	X	X
Internal Rotation (Scapular Plane)							X	X	X	X	X	X	X	X
Abduction (when full elevation obtained)								X	X	X	X	X	X	X
<b>Isotonic Strengthening</b>	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Prone Rows to Neutral								X	X	X	X	X	X	X
Prone Horizontal Abduction								X	X	X	X	X	X	X
Forward Elevation to 90 degrees								X	X	X	X	X	X	X
Prone Extension								X	X	X	X	X	X	X
<b>General Strengthening</b>	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Lat Pulldown (narrow grip)										X	X	X	X	X
Forward Punch/Dumbbell Chest Press										X	X	X	X	X
Machine Rows										X	X	X	X	X
Bicep Curl/Triceps Extension										X	X	X	X	X
Close Chain Stabilization											X	X	X	X
<b>Sports</b>	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Swimming														X
Overhead / Serving Sports														X
Contact Sports														X
<b>Activities of Daily Living w/ Arm</b>	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Eating/Drinking							X	X	X	X	X	X	X	X
Dressing							X	X	X	X	X	X	X	X
Showering							X	X	X	X	X	X	X	X
Driving			X	X	X	X	X	X	X	X	X	X	X	X
Overhead Activity								X	X	X	X	X	X	X
Computer use (waist level)	X	X	X	X	X	X	X	X	X	X	X	X	X	X

**PROM:**  
- Starts at week 0  
**AAROM:**  
- Starts at week 5  
**AROM:**  
- Starts at week 7

**Strengthening**  
  
- Starts at week 8 (gentle)

**Sling Use**  
(while not in PT)  
  
- Full-time: weeks 0-6  
- Discontinue abduction pillow: at week 3  
- Discontinue sling: after week 6

**Goals**  
  
- Full PROM by 6 weeks  
- Full AROM by 12 weeks  
- Full strength / return to normal activity at 24 weeks

**Biceps Tenodesis**  
  
- No active elbow flexion x 6 weeks  
- 5 lb limit 6-8 weeks