

121 Everett Road
Albany, NY 12205
518-453-9088

KYLE R FLIK, MD
kyleflik@yahoo.com

**Post-Operative Rehabilitation Guidelines for
Rotator Cuff Tears**

**Arthroscopic Rotator Cuff Repair
Arthroscopic Assisted (Mini-Open) Rotator Cuff Repair**

- 1-4 Weeks:** Sling Immobilization
Active ROM Elbow, Wrist and Hand
Passive (ONLY) ROM Shoulder
Pendulums,
Supine Elevation in Scapular plane = 140 degrees
External Rotation = 40 degrees
Scapular Stabilization exercises (side-lying)
Deltoid isometrics in neutral (sub-maximal) as ROM improves
No Pulley/Canes until 6 weeks post-op
- 4-8 Weeks:** Discontinue sling use.
Begin Active Assist ROM and advance to Active as Tolerated
Elevation in scapular plane and external rotation as tolerated
No Internal rotation or behind back until 6wks.
Begin Cuff Isometrics at 6wks with arm at the side
- 8-12 Weeks:** Active Assist to Active ROM Shoulder As Tolerated
Elevation in scapular plane and external rotation to tolerance
Begin internal rotation as tolerated
Light stretching at end ranges
Cuff Isometrics with the arm at the side
- 3-12 Months** Advance to full ROM as tolerated with passive stretching at end ranges
Advance strengthening as tolerated: isometrics → bands → light weights (1-5 lbs); 8-12 reps/2-3 sets per rotator cuff, deltoid, and scapular stabilizers
Only do strengthening 3x/week to avoid rotator cuff tendonitis
Begin eccentrically resisted motions, plyometrics (ex. Weighted ball toss), proprioception (es. body blade)
Begin sports related rehab at 4 ½ months, including advanced conditioning
Return to throwing at 6 months

Throw from pitcher's mound at 9 months

Collision sports at 9 months

MMI is usually at 12 months post-op