

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

Arthroscopic Rotator Cuff Repair (Large) PT Protocol

X = Perform exercise

Week

	Week													
Range of Motion (ROM)	Early Therapy													
	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								
Passive Range of Motion (PROM)	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
External Rotation (Scapular Plane)			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
Active Assist Motion (AAROM)	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
Active Range of Motion (AROM)	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Forward Elevation									X	X	X	X	X	X
External Rotation (Scapular Plane)									X	X	X	X	X	X
Internal Rotation (Scapular Plane)									X	X	X	X	X	X
Abduction (when full elevation obtained)									X	X	X	X	X	X
Isotonic Strengthening	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Prone Rows to Neutral											X	X	X	X
Prone Horizontal Abduction											X	X	X	X
Forward Elevation to 90 degrees											X	X	X	X
Prone Extension											X	X	X	X
General Strengthening	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Lat Pulldown (narrow grip)												X	X	X
Forward Punch/Dumbbell Chest Press												X	X	X
Machine Rows												X	X	X
Bicep Curl/Triceps Extension												X	X	X
Close Chain Stabilization												X	X	X
Sports	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Swimming													X	X
Overhead / Serving Sports														X
Contact Sports														X
Activities of Daily Living w/ Arm	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	X
Computer use (waist level)	X	X	X	X	X	X	X	X	X	X	X	X	X	X

PROM:
- Starts at week 2
AAROM:
- Starts at week 7
AROM:
- Starts at week 9

Strengthening

- Starts at week 10

Sling Use
(while not in PT)

- Full-time: weeks 0-6
- Discontinue sling: after week 8

Goals

- Full PROM by 8 weeks
- Full AROM by 12 weeks
- Full strength / return to normal activity at 24 weeks

Biceps Tenodesis

- No resisted elbow flexion x 6 weeks
- 5 lb limit 6-8 weeks