Arthroscopic Massive Rotator Cuff Repair
Physical Therapy Protocol

Immediate Post-operative Period
● Sling for 4-6 weeks
● Modalities prn

Weeks 0-4 (Goals: allow rotator cuff healing)
● Sling at all times
● No physical therapy
● Active elbow, wrist and finger ROM only-NO SHOULDER ROM
● Pendulums (small arc) allowable

Weeks 4-6 (Goal: Begin some motion)
● Discuss with surgeon and follow specific PT Rx
● Begin PROM and AAROM (forward elevation in scapular plane and external rotation at the side) to the limits outlined by the surgeon
  ● FE limit: _________________
  ● ER limit: _________________

Weeks 6-12
● All active motion should begin in supine position and progress to upright position over time
● Advance ROM as symptoms allow (full FE, ER and IR)
● Begin light strengthening weeks 8-12