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**Accelerated Small/medium Primary Arthroscopic Rotator Cuff Repair Protocol**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Diagnosis: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date of Surgery: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Frequency: 1 2 3 4 times/week Duration: 1 2 3 4 5 6 Weeks

\_\_\_\_\_\_Weeks 1-4:  
  
• Sling for 7-10 days only, until post-op visit and suture removal.  
• Discontinue use of the sling completely after post operative visit, 7-10 days postop. Hand in pants   
 pocket for rest as needed.  
• Passive Abduction, external rotation and forward elevation only for the first 4 weeks   
• No active abduction or forward elevation for the first 4 weeks.  
• ROM goals: 140º FF/40º ER at side; ABD max 60-80º without rotation  
• No resisted motions of shoulder until 12 weeks post-op  
• Grip strengthening  
• No canes/pulleys until 6 weeks post-op, because these are active-assist exercises  
• Heat before PT, ice after PT

\_\_\_\_\_\_Weeks 6-12:

• Begin AAROM & AROM as tolerated  
• Goals: Same as above, but can increase as tolerated  
• Light passive stretching at end ranges  
• No strengthening/resisted motions yet, except grip strengthening  
• Isometrics with arm at side beginning at 8 weeks

\_\_\_\_\_\_Months 3-12:  
  
• Advance to full ROM as tolerated with passive stretching at end ranges.   
• Emphasize *internal rotation gains*, measured by posterior thumb height compared to contralateral.   
• 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 (ex. 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

Comments:

Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_