

**SMALL TO MEDIUM  
ROTATOR CUFF REPAIRS**



Post-op protocol for **Daniel Myer, M.D.**

Sling Use:		<ul style="list-style-type: none"> <li>Abduction pillow sling for 4 weeks *all times except bathing &amp; during PT</li> <li>Sling without pillow another 4 weeks *remove for sleeping, remove throughout day to do home exercise program / ADL's</li> </ul>
Phase I: (Passive)	Week 1-4	<ul style="list-style-type: none"> <li>Pendulums to warm up</li> <li>Supine ER gradually progressing to full</li> <li>Supine forward elevation gradually progressing to full</li> <li>IR gradually progressing to full</li> <li>Elbow, hand, wrist ROM                             <ul style="list-style-type: none"> <li>-PROM elbow if biceps tenodesis</li> <li>-AROM elbow ok if no biceps tenodesis</li> </ul> </li> </ul>
Phase II: (Active/Assistive)	Week 5-8	<ul style="list-style-type: none"> <li>Supine to seated ER gradually progressing to full Supine to seated forward elevation progressing to full</li> <li>IR gradually progressing to full</li> </ul>
Phase III: (Resisted)	Week 9-12	<ul style="list-style-type: none"> <li>PRE's for rotator cuff, periscapular and deltoid strengthening</li> <li>IR/ER</li> <li>Serratus Punches</li> <li>Rows</li> <li>Bicep curls</li> </ul>
Weight Training:	Week 12	<ul style="list-style-type: none"> <li>Keep Hands within eyesight and elbows bent</li> <li>Minimize OH activities</li> <li>***Very light weights with high repetitions and advance slowly</li> </ul>
Return to activities:	Immediately	Computer, eating, holding a book, typing, writing
	12 weeks	Golf (chip and putt ONLY)
	4-5 months	Golf (Full swing)
	6-7 months	Tennis

\*\*\* Small tears / healthy tissue scenario - can progress a little faster than medium size tears

- Can begin Phase II around third week
- Can begin Phase III around sixth or seventh week pending on patient tolerance