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Post-Operative Protocol – Large/Massive Rotator Cuff Repair

Patient Name: _____ Date: _____

Diagnosis: _____ Date of Surgery: _____

_____ Provide patient with home exercise program

1-6 Weeks: Sling Immobilization

- Active ROM Elbow, Wrist and Hand
- True Passive (ONLY) ROM Shoulder
- Pendulums,
- Supine Elevation in Scapular plane = 140 degrees
- External Rotation = 40 degrees
- Scapular Stabilization exercises (sideling)
- Deltoid isometrics in neutral (submaximal) as ROM improves
- No Pulley/Canes until 6 weeks post-op

6-12 Weeks: Discontinue Sling

- 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
- Upper Body Ergometer
- Home program with stretching 2x per day; 7 days/wk.

3-12 Months: Advance to full ROM as tolerated with passive stretching at end ranges

- Advance strengthening as tolerated: isometrics → light weights (1-2 lbs.); 8-12 reps/2-3 sets per rotator cuff, deltoid, and scapular stabilizers
 - increase repetitions rather than weights
 - rotator cuff exercises max 2 lb. weights; other muscles progress as tolerated
- No Bands → use weights or household objects
- Only do strengthening 3x/week to avoid rotator cuff tendonitis
- Begin eccentrically resisted motions, plyometric (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

_____ Other:

Modalities: _____ Electric Stimulation _____ Ultrasound _____ Heat before/Ice after

Frequency: _____ x/ week x _____ weeks

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