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Arthroscopic Rotator Cuff Repair (Large) PT Protocol

X = Perform exercise

Week

	Week														
	1	2	3	4	5	6	7	8	9	10	12	16	20	24	
Range of Motion (ROM)	Early Therapy														
	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								
Strengthening	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
Sling Use (while not in PT)	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
	Internal Rotation (Scapular Plane)								X	X	X	X	X	X	X
Goals	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
Biceps Tenodesis	Abduction (when full elevation obtained)								X	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	General Strengthening	1	2	3	4	5	6	7	8	9	10	12	16	20	24
	Lat Pulldown (narrow grip)											X	X	X	X
	Forward Punch/Dumbbell Chest Press											X	X	X	X
	Machine Rows											X	X	X	X
	Bicep Curl/Triceps Extension											X	X	X	X



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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	
Computer use (waist level)	X	X	X	X	X	X	X	X	X	X	X	X	X	X	