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### Rotator Cuff Repair (Small) PT Protocol

X = Perform exercise

Week

	Week														
	1	2	3	4	5	6	7	8	9	10	12	16	20	24	
<b>Range of Motion (ROM)</b>  PROM: - Starts at week 0 AAROM: - Starts at week 5 AROM: - Starts at week 7	<b>Early Therapy</b>														
	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								
<b>Strengthening</b>  - Starts at week 8 (gentle)	<b>Passive Range of Motion (PROM)</b>	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	X	X
	External Rotation (Scapular Plane)	X	X	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	X	X
<b>Sling Use</b> (while not in PT)  - Full-time: weeks 0-6 - Discontinue abduction pillow: at week 3 - Discontinue sling: after week 6	<b>Active Assist Motion (AAROM)</b>	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
	External Rotation (Scapular Plane)						X	X	X	X	X	X	X	X	X
	Internal Rotation (Scapular Plane)						X	X	X	X	X	X	X	X	X
<b>Goals</b>  - Full PROM by 6 weeks - Full AROM by 12 weeks - Full strength / return to normal activity at 24 weeks	<b>Active Range of Motion (AROM)</b>	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	X
	Internal Rotation (Scapular Plane)							X	X	X	X	X	X	X	X
<b>Biceps Tenodesis</b>  - No active elbow flexion x 6 weeks - 5 lb limit 6-8 weeks	<b>Isotonic Strengthening</b>	1	2	3	4	5	6	7	8	9	10	12	16	20	24
	Prone Rows to Neutral								X	X	X	X	X	X	X
	Prone Horizontal Abduction								X	X	X	X	X	X	X
	Forward Elevation to 90 degrees								X	X	X	X	X	X	X
	<b>General Strengthening</b>	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Lat Pulldown (narrow grip)											X	X	X	X	X
Forward Punch/Dumbbell Chest Press											X	X	X	X	X
Machine Rows											X	X	X	X	X
Bicep Curl/Triceps Extension											X	X	X	X	X



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Close Chain Stabilization												X	X	X	X
<b>Sports</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>12</b>	<b>16</b>	<b>20</b>	<b>24</b>	
Swimming													X	X	
Overhead / Serving Sports														X	
Contact Sports														X	
<b>Activities of Daily Living w/ Arm</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>12</b>	<b>16</b>	<b>20</b>	<b>24</b>	
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	