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Sports Medicine

Shoulder, Elbow & Knee Arthroscopy

Shoulder Replacement Surgery

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**Post-Operative Rehabilitation Guidelines for**  
**Massive Rotator Cuff Tears**

**1-6 Weeks:**

- Sling Immobilization
- Active ROM Elbow, Wrist and Hand (no resistive elbow flexion with biceps tenodesis for 8 weeks)
- True Passive (ONLY) ROM Shoulder
  - Pendulums
  - Supine Elevation in Scapular plane = 140 degrees
  - External Rotation = 40 degrees
- Scapular Stabilization exercises (side lying)
- 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

**3-12 Months**

- Advance to full ROM as tolerated with passive stretching at end ranges
- Advance strengthening as tolerated: isometrics → bands → light weights (1-5lbs); 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 (es. body blade)
- Begin sports related rehab at 4 ½ months, including advanced conditioning
- Return to throwing at 6 months (if applicable)
- Throw from pitcher's mound at 9 months (if applicable)
- Collision sports at 9 months (if applicable)