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

**Weeks 1-4:**

- Sling Immobilization
- Active ROM Elbow, Wrist and Hand ((no resistive elbow flexion with biceps tenodesis for 8 weeks)
- True Passive (ONLY) ROM Shoulder. NO ACTIVE MOTION.
- Pendulums, Supine Elevation in Scapular plane = 140 degrees
- External Rotation to tolerance with arm at side. (emphasize ER, minimum goal 40°)
- Scapular Stabilization exercises (sidelying)
- Deltoid isometrics in neutral (submaximal) as ROM improves
- No Pulley /Canes until 6 weeks post-op (these are active motions)

**Weeks 4-6**

- Discontinue sling use.
- Begin Active Assist ROM and advance to Active as Tolerated
- Elevation in scapular plane and external rotation as tolerated
- No Internal rotation or behind back until 6wks.
- Begin Cuff Isometrics at 6wks with arm at the side

**Weeks 6-12:**

- 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

**Months 3-12:**

- Advance to full ROM as tolerated with passive stretching at end ranges
- Advance strengthening as tolerated: isometrics → bands → light weights (1-5 lbs); 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, pylometrics (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)