



# SMALL TO MEDIUM ROTATOR CUFF REPAIR

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**Please use appropriate clinical judgment during all exercise progressions. The specific exercises given in this protocol are provided for guidance, but it is important to use clinical judgment when determining appropriate progressions within the physician provided WBing and ROM restrictions. Any questions/concerns, please do not hesitate to contact Dr. Laskovski's office at 330-644-7436 or CCOC Green PT at 330-644-5461.**

Sling Use:		Ultrasling for 3-4 weeks, regular sling without pillow for another 3-4 weeks ( <b>TOTAL SLING TIME IS 6-8 WEEKS</b> )
Phase I: (Passive)	Week 1-4	<ul style="list-style-type: none"> <li>• Pendulums to warm up</li> <li>• Supine ER gradually progressing to full</li> <li>• Supine forward elevation gradually progressing to full</li> <li>• IR gradually progressing to full</li> </ul>
Phase II: (Active/Assistive)	Week 4-8	<ul style="list-style-type: none"> <li>• Supine to seated ER gradually progressing to full</li> <li>• Supine to seated forward elevation progressing to full</li> <li>• IR gradually progressing to full</li> </ul>
Phase III: (Resisted)	Week 8-12	<ul style="list-style-type: none"> <li>• PRE's for rotator cuff, periscapular and deltoid strengthening</li> <li>• IR/ER</li> <li>• Serratus Punches</li> <li>• Rows</li> <li>• Bicep curls</li> </ul>
Weight Training:	Week 12	<ul style="list-style-type: none"> <li>• Keep HandS within eyesight and elbows bent</li> <li>• Minimize OH activities</li> <li>• ***Very light weights with high repetitions and advance slowly</li> </ul>

Return to activities:	Immediately	Computer, eating, holding a book, typing, writing
	12 weeks	Golf (chip and putt ONLY)
	4-5 months	Golf (Full swing)
	6-7 months	Tennis

\*\*\*Small tears can progress a little faster than medium size tears

- Can begin Phase II around third week
- Can begin Phase III around sixth or seventh week pending on patient tolerance