

**ROTATOR CUFF REPAIR – LARGE & MASSIVE
REHABILITATION PROTOCOL FOR MR SAITHNA'S
PATIENTS**

LABEL:

DATE OF SURGERY: _____

0-2 Weeks:

Abduction sling at all times

2-6 Weeks:

Pendulum exercises only, otherwise remain in sling

6-9 Weeks:

Stage I – Active Assisted ROM

Wean sling

9-12 Weeks:

Stage II – Active ROM

(begin supine, then progress to 30°/60°/full upright
AROM when achieves full ROM at previous level)

12 Weeks:

Stage III – Strengthening

6 Months:

Unrestricted Activities, return to physical work