

**ROTATOR CUFF REPAIR – SMALL & MEDIUM  
REHABILITATION PROTOCOL FOR MR SAITHNA'S  
PATIENTS**

LABEL:

DATE OF SURGERY: \_\_\_\_\_

**0-4 Weeks:**

Pendulum exercises only  
Sling when not performing pendulums

**4-8 Weeks:**

Stage I – Active Assisted ROM  
Wean sling

**8-12 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

**4 - 6 Months:**

Unrestricted Activities (avoid heavy lifting/repetitive  
overhead for 6 months)