



11330 Olive Blvd, Suite 150
 Creve Coeur, MO 63141
 (314) 375-3796 Phone
 (314) 948-9010 Fax

Van S. Krueger, MD, MBA

Dual Fellowship-Trained Orthopedic Surgeon
 in Sports Medicine & Trauma

Shoulder, Elbow & Knee Specialist

Arthroscopic Rotator Cuff Repair Rehab Protocol

	Range of Motion	Immobilizer	Exercises
Phase I 0-4 weeks	0-2 weeks: None 2-4 weeks: begin PROM Limit 90° flexion, 45° ER, 20° extension, 45° abduction, 45° ABER	Immobilized at all times day and night Off for hygiene and gentle home exercise according to instruction sheets	0-2 weeks: Elbow/wrist ROM, grip strengthening and pendulums at home only 2-4 weeks: Begin PROM to ER to 45° Codman's, posterior capsule mobilizations Closed chain scapula
Phase II 4-12 weeks	Begin active/active-assisted ROM Advance to 140° FE, 135° abduction, 90° ABER, 45° ABIR	4-6 weeks: Worn daytime only	Begin active-assisted exercises, deltoid/rotator cuff isometrics at 8 weeks Begin resistive exercises for scapular stabilizers, biceps, triceps and rotator cuff
Phase III 12-16 weeks	Gradual return to full AROM	None	Emphasize external rotation and latissimus eccentrics, glenohumeral stabilization Begin muscle endurance activities (upper body ergometer) Cycling/running as tolerated at 12 weeks
Phase IV 4-6 months	Full and pain-free	None	Aggressive scapular stabilization and eccentric strengthening; scapular perturbation Begin plyometric and throwing/racquet program
Phase V 6-8 months	Full and pain-free	None	Return to full activity as tolerated

Amendments to Protocol for Concomitant Procedures

- ☐ **Biceps Tenodesis:** Weeks 0-4: Avoid terminal elbow extension and resisted elbow flexion. Gentle mid-arc AROM OK → Weeks 2: Begin biceps isometrics → Weeks 8+: Begin biceps resistance training.
- ☐ **Subscap repair:** Weeks 0-4: no ER>0°, no active IR → Weeks 4-6 no ER>30°, FF>90°, or extension>20° → Weeks 6-12: begin active IR. → Weeks 12+: begin resisted IR.
- ☐ **Massive Rotator Cuff Repair:** Weeks 0-4: sling → Week 4-6: start pendulums → Week 6+: Initiate supine P/AAROM to 120 degrees. → Defer strengthening until 4mo postop***Limited return to sports activities during Phase IV if cleared by surgeon