

Arthroscopic Rotator Cuff Repair -
Protocol for Small and Medium
Sized Tears



NEWTON-WELLESLEY
HOSPITAL

Patient Name _____

Date of Surgery _____

Surgeon _____

Diagnosis _____

Phase I - Maximal Protection	1	2	3	4	5	6	7	8	9	10	13	17	21	25
Sling Wear	•	•	•	•	•	•								
Scapular Retraction-Depression	•	•	•	•	•	•								
Cervical ROM Exercises	•	•	•	•	•	•								
Elbow/Hand/Wrist ROM	•	•	•	•	•	•								
Pendulums		•	•	•	•	•								
Aqua Therapy for Gentle AAROM			•	•	•	•								
Ankle Pumps to prevent DVTs	•	•	•	•										
Passive ROM														
External Rotation	40		•	•	•	60	•	•	•					
Forward Elevation & Scaption	140		•	•	•	160	•	•	•					
Abduction	60		•	•	•	90	•	•	•					
Internal Rotation to Belt Line	•	•	•	•	•	•	•	•	•	•				
Internal Rotation (Gentle)	•	•	•	•	•	•	•	•	•	•				
Phase II - Minimal Protection Active ROM	1	2	3	4	5	6	7	8	9	10	13	17	21	25
Active Assist ROM														
Internal & External Rotation					•	•								
Forward Elevation & Scaption					•	•								
Isometrics-Light														
Internal/External Rotation							•	•						
Biceps/Triceps				•	•	•	•	•						
Active ROM														
Sidelying External Rotation					•	•	•	•						
Forward Elevation & Scaption (lawn chair progression)					•	•	•	•						
Salutes (lawn chair progression)						•	•	•						
Prone Horizontal Abduction with ER						•	•	•						
Prone Lower Traps to 60						•	•	•						
Prone Extension with ER						•	•	•						
Open Chain Proprioception						•	•	•						
Low Load Prolonged Stretches														
Door Jam Series							•	•	•					
Towel Internal Rotation							•	•	•					
Cross Arm Stretch							•	•	•					
Sleeper Stretch							•	•	•					
TV Watching Stretch					•	•	•	•	•					
90/90 External Rotation Stretch							•	•	•					

Continue PROM
until full ROM is
achieved.

