

## MEDIUM ROTATOR CUFF REPAIR PROTOCOL

### Includes Treatment for:

Open Repair Medium Rotator Cuff Tear  
Arthroscopic Medium Rotator Cuff Tear

### Postop:

#### 0-2 Weeks

- **Sling full time except for bathing, and prescribed upper body exercises, unless otherwise indicated by surgeon.**
  - **PROM limits to: 90° pure abduction, 20° extension, 70° internal rotation (not behind back), no limitations for flexion, external rotation as tolerated (unless specified by physician)**  
**\*Subscapularis Repair: Limit external rotation to 0°**
1. Pendulum exercises 3x/day minimum
  2. PROM within pain tolerance
  3. Elbow and wrist AROM 4x/day minimum
  4. Cryo Cuff/ice: Days 1-2 as much as possible, then post activity for pain

#### 2-6 Weeks

- **Sling full time until 4 weeks post op except for bathing, prescribed upper body exercises, and sitting quietly unless otherwise indicated by surgeon.**
  - **Sling worn for comfort during the day between 4-6 weeks post op except in uncontrolled situations unless otherwise indicated by surgeon. Continue to wear sling at night.**  
**\*Subscapularis Repair: Limit external rotation to 30°**
1. PROM within limits and pain tolerance
  2. Manual resistance for scapular motions
  3. Postural awareness education
  4. Gentle soft tissue mobilization and joint mobilization
  5. Modalities as indicated for pain or inflammation

#### 6-12 Weeks

**Discontinue sling at night**

**No ROM limits**

**\*Subscapularis Repair: Progress 10° a week with external rotation**

1. Initiate AAROM/ AROM including wand and pulleys
2. Joint mobilization for scapula and glenohumeral mobility
3. Gentle exercises for scapular stabilizers and rotator cuff.  
May include submaximal isometrics, PNF, and supervised UBE.  
Emphasis of strengthening on high reps and low weight with postural awareness

**Goal: Involved shoulder AROM grossly within normal limits by 12 weeks**

#### 12-18 Weeks

1. Resistive exercises as tolerated
2. Progress toward independent home program
3. Reinforce postural awareness, quality of exercise technique and proper PRE progression