

**Rotator Cuff Repair (<3cm) PT Protocol**

- Ultra-sling for 0-3 weeks
- Regular sling for weeks 3-t6

**Phase 0 – Quiet (Weeks 0 to 1):**

- Quiet in sling with elbow/wrist/hand
- Begin active scapular retraction/protraction exercises with therapist cueing

**Phase I – Passive (Weeks 2 to 6):**

- Pendulums to warm-up beginning week 1
- Supine External Rotation –0°-30° beginning at 2 weeks with progression to full PROM by 6 weeks
- Supine Forward Elevation –0°-90° beginning at 2 weeks with progression to full PROM by 6 weeks
- Progress to upright as tolerated with ER and FE

**Phase II – Active (Weeks 7 to 9):**

- Pendulums to warm-up
- Active Range of Motion with terminal stretch
- Supine External Rotation – after 6 weeks progress GRADUALLY to full
- Supine Forward Elevation – after 6 weeks; progress GRADUALLY to full
- Begin active biceps
- Internal Rotation-Full (begin behind the back)
- Begin AROM in supine and progress to upright

**Phase III – Resisted (Weeks 10 to 11):**

- Pendulums to warm up and continue with phase 2.
- External and Internal Rotation
- Standing forward punch
- Seated rows
- Shoulder shrugs and Biceps curls

**Phase IV – Weight Training (Week 12):**

- Keep hands within eyesight, keep elbows bent, no long lever arms
- Minimize overhead activities (below shoulder)
- No Military press, pull-down behind head, or wide grip bench

**Return to Activities:**

- Golf: 3 months
- Tennis: 4 months
- Ski: 3-4 months