



# Arthroscopic Massive Rotator Cuff Repair Physical Therapy Protocol

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## Immediate Post-operative Period

- Sling for 4-6 weeks
- Modalities prn

## Weeks 0-4 (Goals: allow rotator cuff healing)

- Sling at all times
- No physical therapy
- Active elbow, wrist and finger ROM only-**NO SHOULDER ROM**
- Pendulums (small arc) allowable

## Weeks 4-6 (Goal: Begin some motion)

- Discuss with surgeon and follow specific PT Rx
- Begin PROM and AAROM (forward elevation in scapular plane and external rotation at the side) to the limits outlined by the surgeon

●FE limit: \_\_\_\_\_

●ER limit: \_\_\_\_\_

## Weeks 6-12

- All active motion should begin in supine position and progress to upright position over time
- Advance ROM as symptoms allow (full FE, ER and IR)
- Begin light strengthening weeks 8-12