



Post-Operative Rehabilitation Guidelines for Massive Rotator Cuff Tears

- 1-6 Weeks:**
- Sling Immobilization
 - Active ROM Elbow, Wrist and Hand
 - True Passive (ONLY) ROM Shoulder
 - Pendulums,
 - Supine Elevation in Scapular plane = 140 degrees
 - External Rotation = 40 degrees
 - Scapular Stabilization exercises (sidelying)
 - Deltoid isometrics in neutral (submaximal) as ROM improves
 - No Pulley/Canes until 6 weeks post-op
- 6-12 Weeks:**
- Discontinue Sling
 - Active Assist to Active ROM Shoulder As Tolerated
 - Elevation in scapular plane and external rotation to tolerance
 - Begin internal rotation as tolerated
 - Light stretching at end ranges
 - Cuff Isometrics with the arm at the side
 - Upper Body Ergometer
- 3-12 Months**
- Advance to full ROM as tolerated with passive stretching at end ranges
 - Advance strengthening as tolerated: isometrics → bands → light weights (1-5 lbs); 8-12 reps/2-3 sets per rotator cuff, deltoid, and scapular stabilizers
 - Only do strengthening 3x/week to avoid rotator cuff tendonitis
 - Begin eccentrically resisted motions, plyometrics (ex. Weighted ball toss), proprioception (es. body blade)
 - Begin sports related rehab at 4 ½ months, including advanced conditioning
 - Return to throwing at 6 months
 - Throw from pitcher's mound at 9 months
 - Collision sports at 9 months
 - MMI is usually at 12 months post-op