



Arthroscopic Rotator Cuff Repair

Tendons Repaired: Supraspinatus Infrapinatus Teres Minor Subscapularis

Sling for 6 weeks

Phase I No PT for 6 weeks

Phase II -Weeks 6-12 - Active

Pendulums

Progress with range of motion passively as tolerated working on gradual increase over next 6 weeks to full ROM

Return to supine for elevation

Progress to upright (lawn chair)

Begin isometric strengthen at 8 weeks

Phase III - Week 13 - Resisted

Full Range of motion

Shrugs and Rows

Terminal stretching

Month 4 begin weight training with no long lever arm/abducted/impingement positions

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