



Large Cuff Repair-Arthroscopic

Sling for 6 weeks

Phase I -Weeks1-6 Passive

Passive only pendulum to warm up

External rotation to 30 degrees

Start supine FF to 90 degrees for 2 weeks then slowly work up to full (plane of scapula)

IR to body

Phase II -Weeks 6-12 Active

Return to supine for active elevation

Progress to upright (lawn chair)

Continue external rotation and internal rotation increase as tolerated

Pendulums

Begin isometric strengthen

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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