



## **Massive Cuff Repair**

**Sling for 6 weeks**

### **Phase I-Weeks 1-8 Passive**

Passive only pendulum to warm up

External rotation to 30 degrees

Start supine FF to 90 degrees for 4 weeks then slowly work up to full

IR to body

### **Phase II-Weeks 9-12 Active**

Return to supine for elevation

Progress to upright (lawn chair)

Continue external rotation and internal rotation

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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