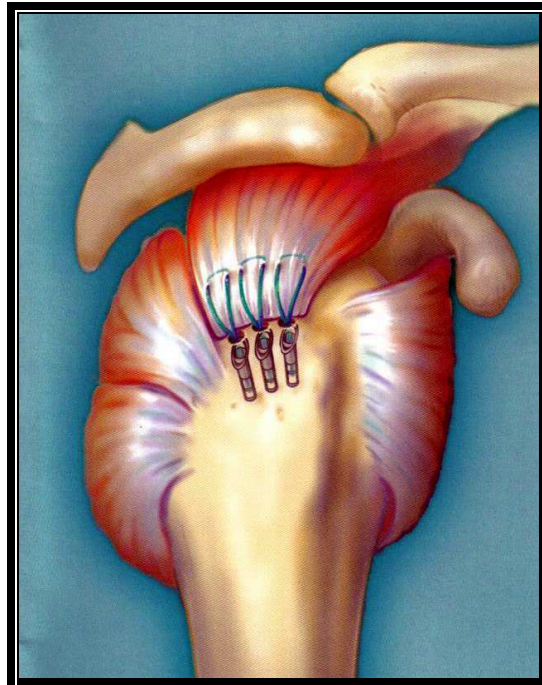




**Dr. O'Meara's**

**Rotator Cuff Repair**  
**Rehabilitation Protocol**

**[www.PalomarOrtho.com](http://www.PalomarOrtho.com)**





# **Rotator Cuff Repair** **Rehabilitation Protocol**

## **Zero to Three Weeks Post-op**

Sling  
Pendulum Exercises  
Pulley System  
Forward Wall Walks  
Passive Full Forward Elevation

## **Three to Six Weeks Post-op**

Discontinue Sling  
Pendulum Exercises  
Pulley System  
Forward Wall Walks  
Gentle Passive ROM

## **Six to Eight Weeks Post-op**

Active Motion of the Shoulder  
ROM Stretching

## **Eight Weeks Post-op**

RTC Strengthening  
ROM Stretching

# Zero to Three Weeks Post-op

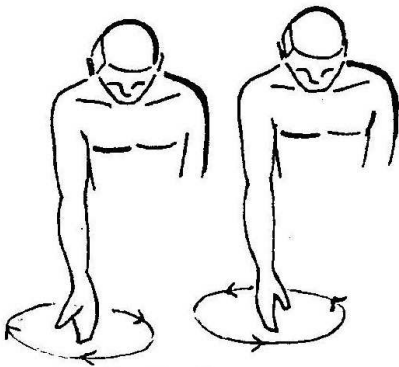
## Sling

Pendulum Exercises

Pulley System

Forward Wall Walks

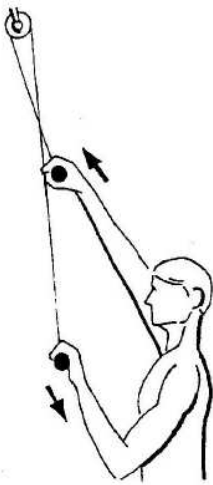
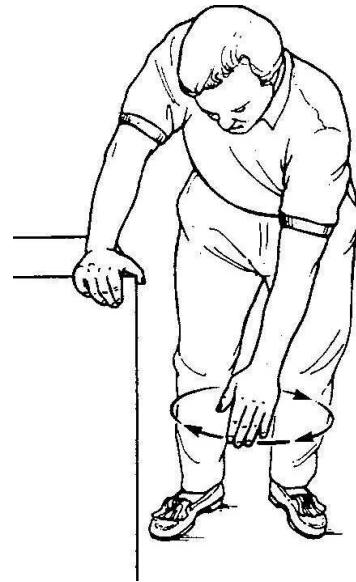
Passive Full Forward Shoulder Elevation



### **Pendulum Exercises**

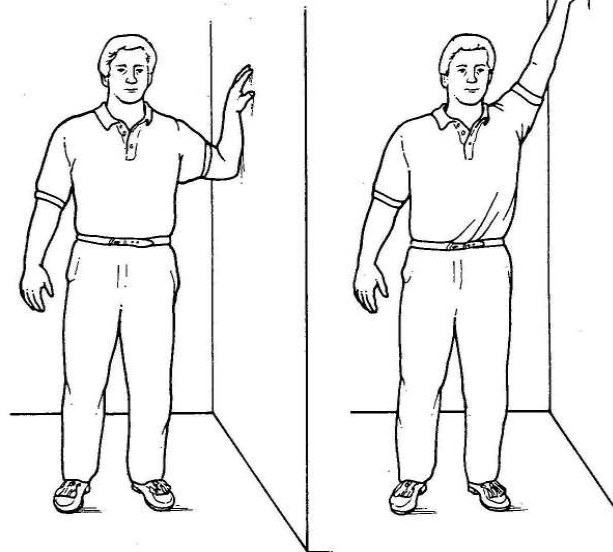
Standing —

- (A) Bending over at waist, circle entire arm clockwise, palm facing forward.
- (B) Bending over at waist, circle entire arm counter-clockwise, palm facing backward.



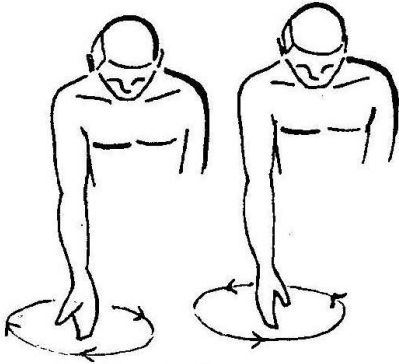
### **Pulley Exercises**

Standing — Good arm supplies the power to bring the arm as near the pulley as possible.



## Three to Six Weeks Post-op

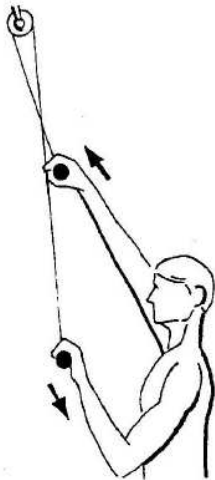
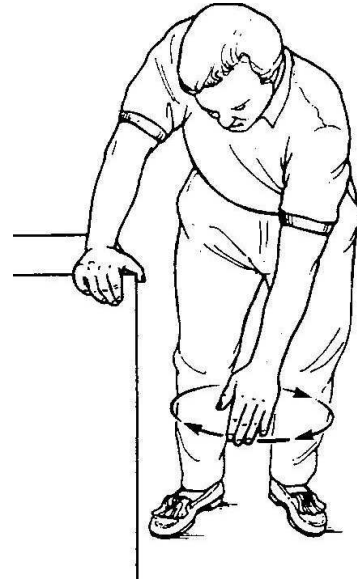
Discontinue Sling  
Pendulum Exercises  
Pulley System  
Forward Wall Walks  
Gentle Passive ROM



### **Pendulum Exercises**

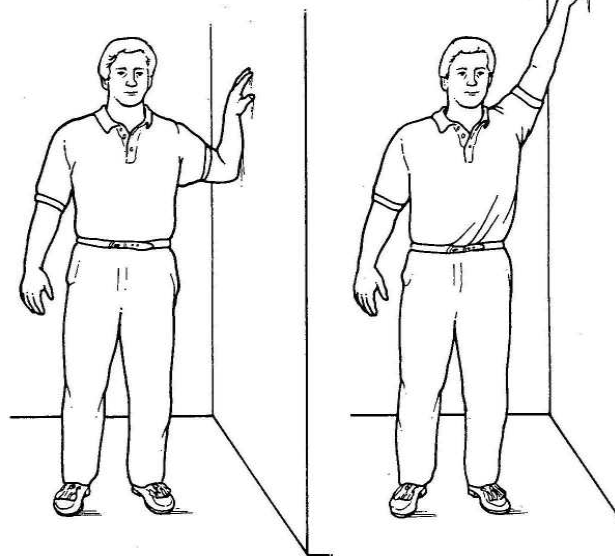
Standing —

- (A) Bending over at waist, circle entire arm clockwise, palm facing forward.
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### **Pulley Exercises**

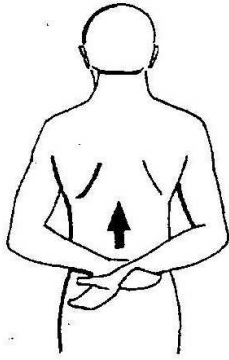
Standing — Good arm supplies the power to bring the arm as near the pulley as possible.



# Six to Eight Weeks Post-op

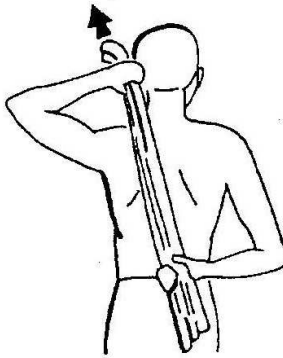
## Active Motion of the Shoulder

### ROM Stretching



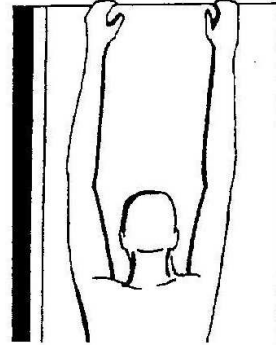
#### **Assisted Internal Rotation**

Standing — Grasp wrist of the operating arm with the good hand behind back, slide hands up and down.



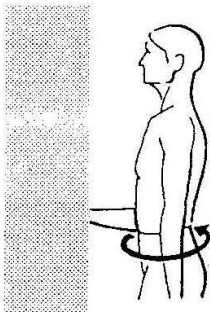
#### **Internal Rotation**

Standing — Behind low back, pull hand up as high as possible using a towel.



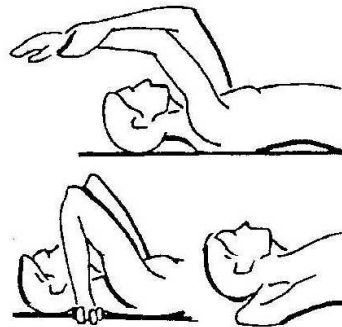
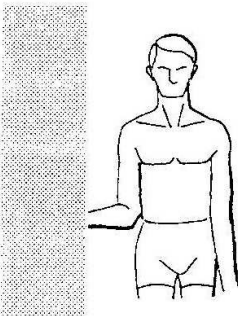
#### **Forward Elevation**

Facing an open door, assist arm up, hook fingertips on top of door. Bend knees slightly to stretch. Use a stool if necessary.



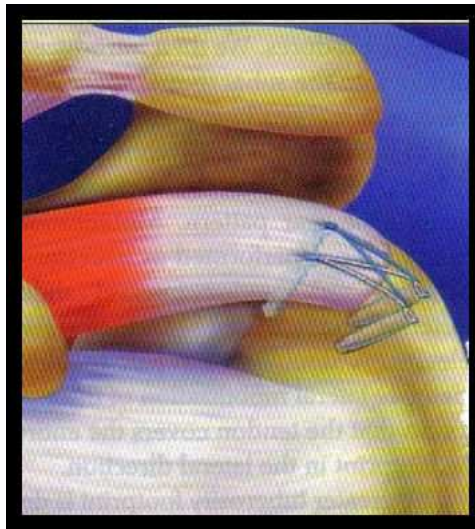
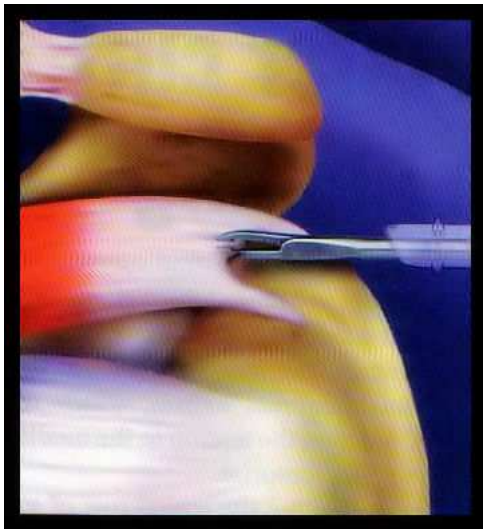
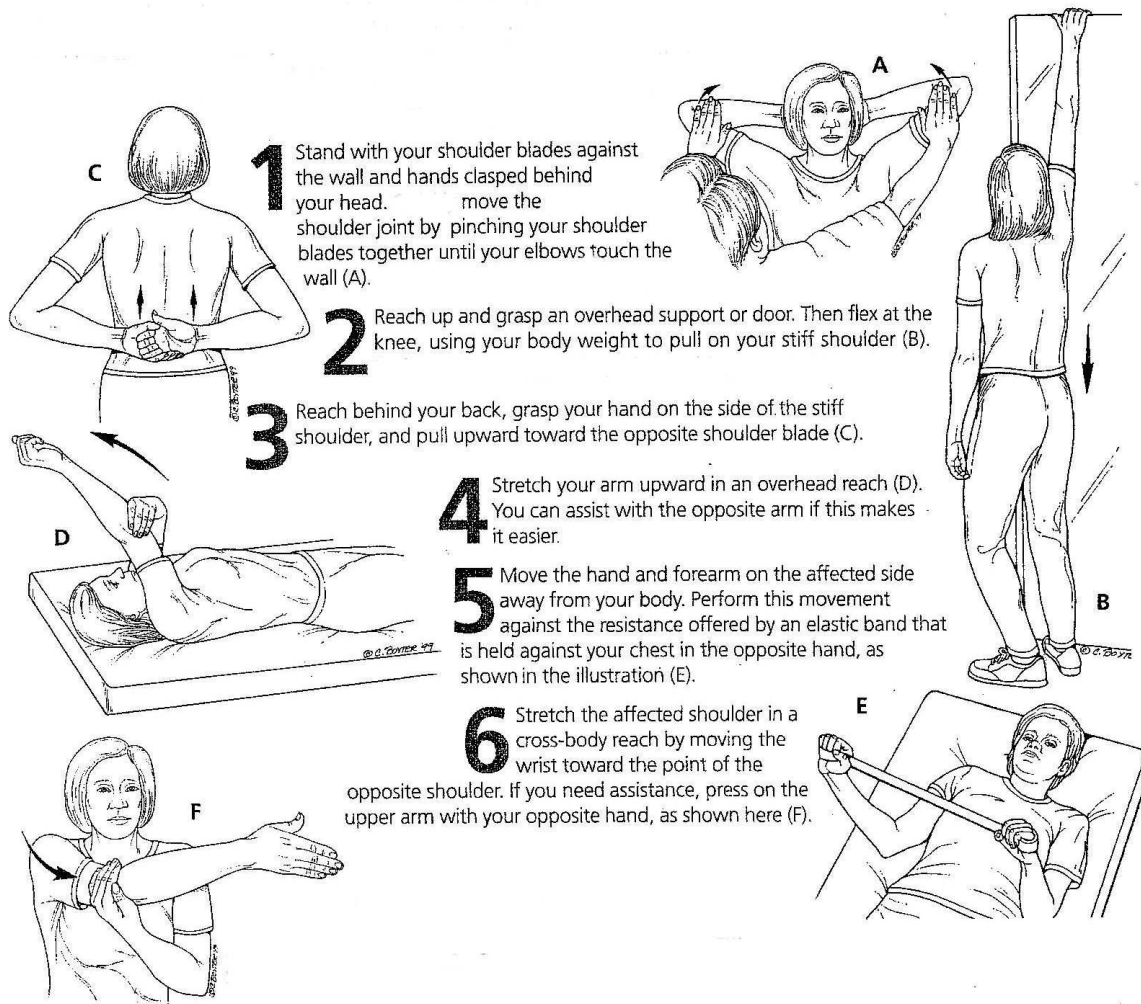
#### **External Rotation**

Standing in a doorway with elbow flexed to 90° and held close to body, place palm on door jamb, slowly turn body away from arm.



#### **Assisted External Rotation**

Lying on back — Grasp wrist of operated arm with good hand, reach up and overhead, clasp hands, then slide hands down behind neck while spreading elbows. Reverse by sliding clasped hands upward, out from under neck.



# Eight Weeks Post-op

## RTC Strengthening

## ROM Stretching

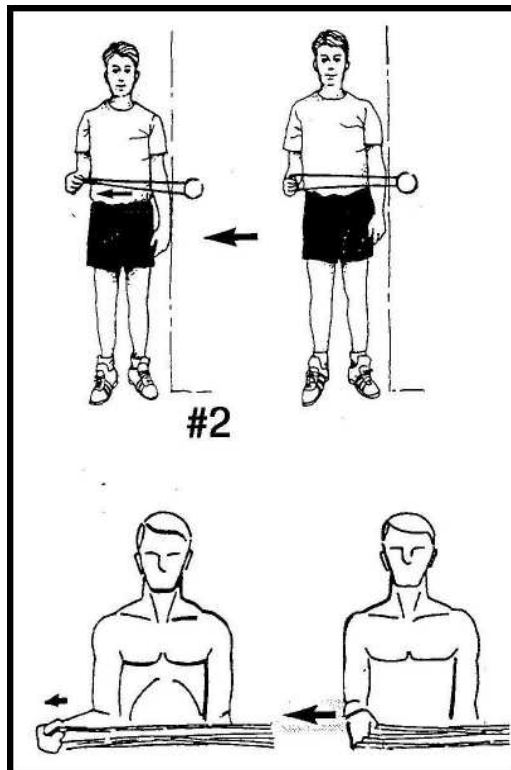
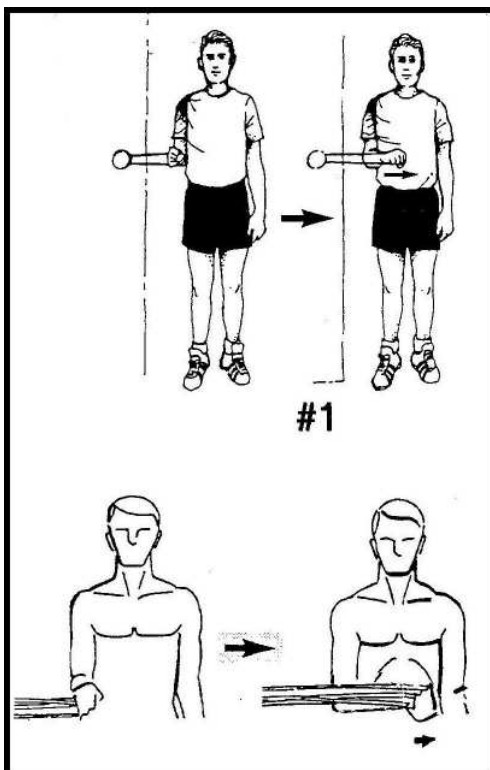
Continue the stretching exercises as needed to regain or maintain a full range of motion in the shoulder. Now also begin to perform Rotator Cuff Strengthening Exercises.

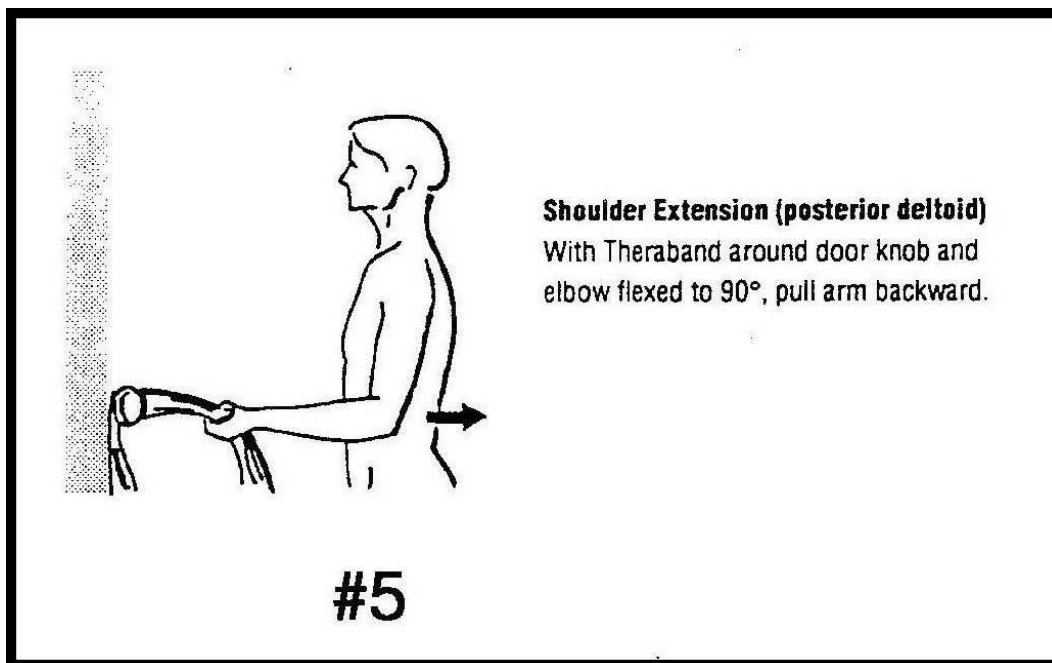
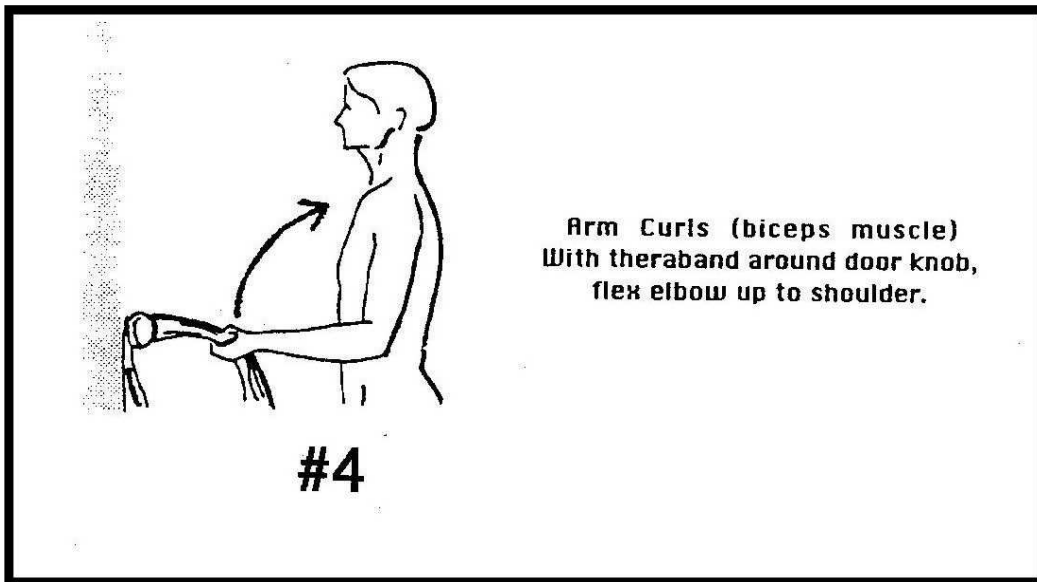
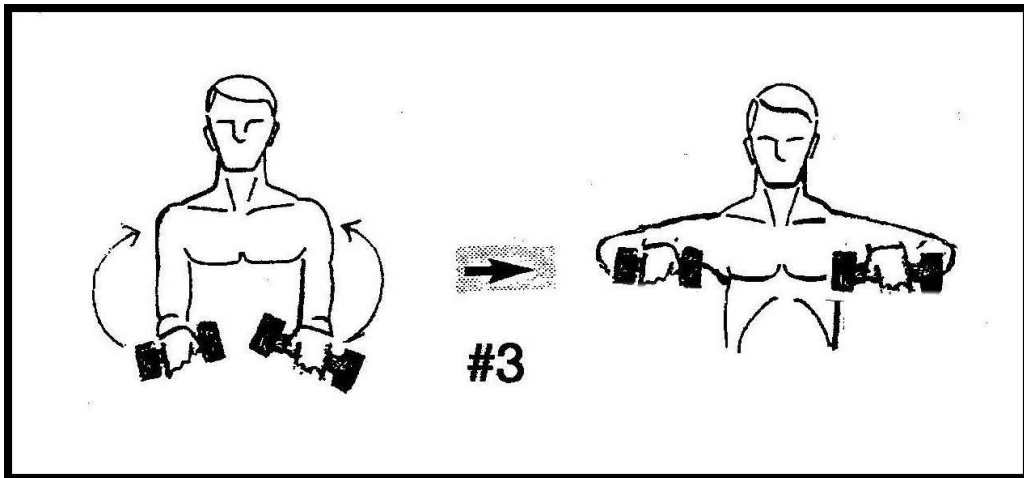
This strengthening program includes **only five exercises** that isolate on and strengthen the five critical muscle functions of the shoulder: Internal Rotation, External Rotation, Abduction, Extension and Curls.

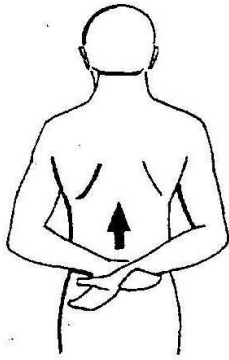
The strength training should involve gentle smooth repetitions. No jerking or yanking! Perform 3 sets of 15 – 20 repetitions of each of the 5 exercises, every other day. In the third set of each exercise, try to “exercise to fatigue”.

The most effective strength training and rehabilitation programs include at least one set of the maximum number of repetitions possible for each exercise performed (“exercise to fatigue”). Higher numbers of repetitions (15 – 20) favor increased muscle endurance while building muscle strength as well, so use a lighter weight or theraband that will allow at least 15 repetitions in a normal set.

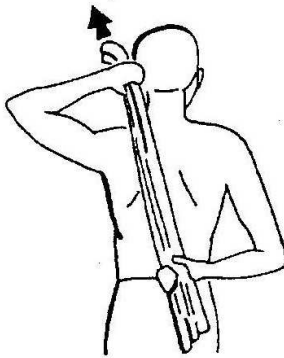
Three sets of 15 – 20 reps performed every other day is an optimum strengthening and rehabilitation program. However, during the first month of strengthening, a single set program, every other day, is adequately effective at improving muscle strength and endurance.



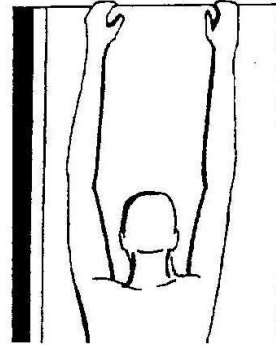




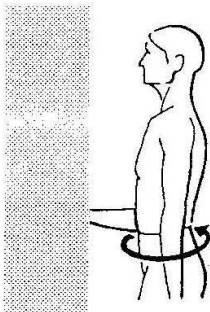
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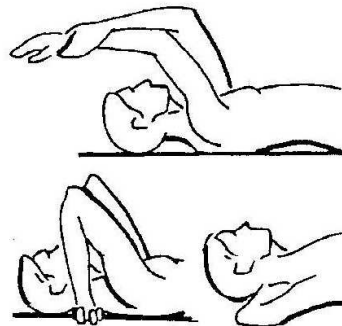
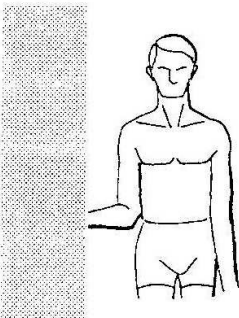
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