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**Dr. Chad Myeroff's Rehabilitation Protocol**

Accelerated Rotator Cuff Repair

**Three times per day home exercise program including:**

Prehab: 0-6 weeks pre-operative appointment to establish care and coaching on:

- Set expectations and training on recovery, exercises and restrictions, sling donning and doffing
- Work and home evaluation / modifications including ADLs, hygiene, sleep, equipment

Phase 1: Week 0-5 (1<sup>st</sup> post-operative PT visit scheduled at 1-2 weeks post-operatively)

- Maintain sling use (except for hygiene, TID finger, wrist, elbow AROM and therapy)
  - OK for axillary cares (hangs) but no pendulum swings / Codman's.
- POD 7-14: Formal PT AND TID home exercise program (HEP)
  - Shoulder PROM as tolerated, rhomboid isometrics
  - Pulleys, table slides, supine wand exercises in all planes

Phase 2: Week 5-10

- PROM progressing towards AAROM
- Wean out of sling at 6 weeks (maintain sling use for one more week in public)
  - May begin to use arm for ADLs
- Phase I & II stretches
- No lifting > weight of a coffee cup

Phase 3: Week 10-14

- Add Phase I cuff strengthening, scapular strengthening
- Add biceps and triceps strengthening
- May use arm for ADLs
- No lifting > 5lbs

Phase 4: Week 15-24

- Progressive stretching and strengthening
- Independent home exercise program
- Return to high level functional ADLs and simulation of work environment
- No lifting >10 lbs until 18 weeks



More info: [twincitiesshoulderandelbow.com/rotatorcuff/](http://twincitiesshoulderandelbow.com/rotatorcuff/)



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