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

Standard 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 0-6 (1<sup>st</sup> post-op PT visit should immediately follow 2-week post-op surgical visit)

- 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, rhomboid isometrics
  - FF 0-130°, ER 0-30°, Abduction 0-60°
    - Pulleys, table slides, supine wand exercises

- No lifting > weight of coffee cup, no shoulder AROM

Phase 2: Week 6-12

- Wean out of sling (maintain sling use for one more week in public)
- Full unrestricted PROM progressing towards AAROM
  - Add wand internal rotation up the back
- May begin to use arm for ADLs avoiding any shoulder AROM
- No lifting > weight of coffee cup

Phase 3: Week 12-18

- Add Phase II stretching
- Initiate AROM
  - At 16 weeks if ROM is full, begin phase I cuff and scapular strengthening
- Light biceps and triceps strengthening
- No lifting > 5lbs, no shoulder AROM.

Phase 4: Week 19-24

- Independent home exercise program
- Return to high level functional ADLs and simulation of work environment
- No lifting > 10 lbs
  - At 24 weeks unrestricted upper extremity strengthening, WBAT

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

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