

Arthroscopic Rotator cuff repair (Small -medium tear)

	Sling for 4 weeks		
	No active Elevation for 6 weeks		
	No Strengthening until 12 weeks post op		
	Check op note for size of tear		
	Week 0-4	Week 4-6	Week 6-12
pendular	•		
passive ROM elevation/external rot/abduction	•		
scapula setting	•		
active assisted elevation		•	
active assisted external rotation		•	
proprioceptive ex (below 90 ° minimal wt bearing)		•	
isometric exercises		•	
active ROM			•
Strengthen(Not until 12 weeks)			•
proprioception (open and closed chain)			•
sports specific rehab			•
Capsular stretches if required			•

Milestones	
week 6	active assisted Rom equal to pre-op level
Week 12	active ROM equal to contralateral side

Return to function	
return to work	Sedentary Job- as able Manual Job- 4-6 months
Driving	Min 6 weeks
Swimming	Breast stroke - 10 weeks (range dependent) Freestyle- 3 months
Golf	6 months
Contact sports	6 months