
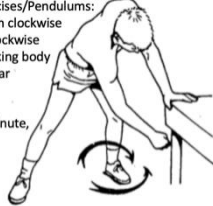



**MASSIVE ROTATOR CUFF REPAIR**  
**PHYSICAL THERAPY PROTOCOL**

Recommend 2-3x/week for 8 weeks  
Please contact office for renewal as needed

<p>Days 0-7</p>	<p><b>Wrist flexion and extension:</b></p>  <p>Gently bend your wrist back and forth.</p> <p><b>Codman's Exercises/Pendulums:</b> Let arm move in clockwise and counter-clockwise motion, by rocking body weight in circular motion. Do this for 1 minute, 3x/day.</p>  <p><b>Elbow flexion and extension:</b></p>  <p>With palm either up or thumb down, gently bend the elbow as far as possible, then straighten out as far as possible</p> <ul style="list-style-type: none"> <li>• 3 home exercises provided above: perform each exercise for 1-2 minutes, 3-4x/day</li> <li>• Patient to remain in sling for 6 weeks AT ALL TIMES (except for personal hygiene)</li> </ul>
<p>Weeks 1-12</p>	<ul style="list-style-type: none"> <li>• Pendulums</li> <li>• Passive external rotation limit 30° (supine, roll towel under elbow)</li> <li>• Passive forward elevation limit 90° (supine, elbow bent at 90°, in scaption)</li> <li>• Table slides at 14 days, hand resting on table, torso leaning forward, pain free</li> <li>• Address posterior capsular tightness at 3 months if indicated</li> </ul>

**Minimal to no pain during or after exercises, although fatigue is OK**

**AVOID:**

- NO Pulleys
- NO internal rotation behind back
- NO external rotation stretching with arm in 90° of abduction
- NO stretching in abduction
- NO strengthening until 3 months**

**Modalities:** PRN, per therapist discretion