

Rotator cuff rehab program

Duration

Rehabilitation

0 to 3 weeks

- Arm pouch
- Pendulum exercises
- Scapular stabilization
- Passive ROM within limits of pain tolerance
- Active elbow flexion and extension
- Squeeze ball for grip exercises

3 to 6 weeks

- Discard pouch
- Ensure full passive ROM and gradually progress to assisted active after 4th or 5th week
- Isometric deltoid within pain limits

6 weeks onwards

- Active ROM without resistance.
- Trapezius and serratus activation.
- Commence cuff strengthening below shoulder level with therabands around 8 to 10 weeks.
- After 12 weeks overhead activities and strengthening without restrictions.

These are general guidelines for rehabilitation after a rotator cuff repair.

However, there may be individual variations based on the size of the tear, quality of the cuff tissue and bone and number of anchors used.

If so, these instructions will be conveyed separately.

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