



Standard Non-Surgical Rotator Cuff Injury Rehabilitation Protocol

Phase	Goals	Precautions / Restrictions	Treatment
Weeks 0 - 4	<ul style="list-style-type: none">● Maintain/improve range of motion (ROM) to comparable shoulder● Decrease pain and protective/compensatory behaviors● Maintain cardiovascular fitness	<ul style="list-style-type: none">● Avoid provocative maneuvers, motions or exercises that cause discomfort● Avoid sling use unless otherwise directed by physician	<ul style="list-style-type: none">● Passive to Active Assisted Shoulder ROM in all planes<ul style="list-style-type: none">○ Pendulum○ Flexion○ Abduction○ External Rotation○ Internal Rotation● Initiate postural and periscapular strengthening● Maintain full active elbow, wrist and hand ROM● Complete ADL's with affected arm as able with minimal to no pain.● Criteria for progression<ul style="list-style-type: none">○ Minimal pain and tenderness○ Improvement of active/passive ROM○ Return to functional ROM● Initial visit: FOTO, QuickDASH
Weeks 4 - 8	<ul style="list-style-type: none">● Full active shoulder ROM in all planes● Initiate strength/resistance training 2-3x/week● Maintain cardiovascular fitness	<ul style="list-style-type: none">● Avoid provocative maneuvers, motions or exercises that cause discomfort● Avoid high velocity or high load activities of the shoulder	<ul style="list-style-type: none">● AAROM to AROM/ Functional ROM<ul style="list-style-type: none">○ Flexion○ Abduction○ External Rotation○ Internal Rotation○ Hand Behind Head○ Hand Behind Back● Initiate Isometric Exercises<ul style="list-style-type: none">○ Rotator Cuff○ Deltoid● Progress to Isotonic exercises as able with low loads and little to no pain● Criteria for progression<ul style="list-style-type: none">○ Full painless active ROM○ No pain or tenderness with strengthening exercises● Week 6: FOTO, QuickDASH
Weeks 8 - 16	<ul style="list-style-type: none">● Improve shoulder complex strength, power and endurance● Progressive, Systematic Interval Program for Returning to Sports<ul style="list-style-type: none">○ Overhead Athletes○ Tennis○ Golf	<ul style="list-style-type: none">● Appropriate progression of increased velocity and loaded activities of the shoulder● Adherence to Soreness Rules	<ul style="list-style-type: none">● Strength<ul style="list-style-type: none">○ Isotonic strength training exercises with progressive overload● Plyometric Training<ul style="list-style-type: none">○ Focus on speed/velocity of movement● Sport Specific Training● Week 12-16: FOTO, QuickDASH

This protocol is not meant to be prescriptive but a recommendation to guide the rehabilitation process.

Each patient's progress may vary based on specifics of their injury and procedure.