



## Standard Non-Surgical Rotator Cuff Injury Rehabilitation Protocol

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

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.