



**Robert C. Grumet, MD**  
**Linda Zaragoza, MMS, PA-C, ATC**

## **Post-Operative Rehabilitation: Rotator Cuff Repair**

### **Phase 1 Physical Therapy (0-6 weeks)**

- Sling x4-6 weeks (per physician)
- Pendulums
- Gentle ROM (passive → active assistive)
  - ER/IR in scapular plane @ 45 degrees of abduction
- Soft tissue mobilization, isometric exercises, core strengthening

### **Phase 2 Physical Therapy (6-12 weeks)**

- Progress to full active ROM as tolerated; no resistance
- Proprioceptive training
- Soft tissue mobilization, isometric exercises, core strengthening

### **Phase 3 Physical Therapy (12-24 weeks)**

- Progress to full ROM if not already obtained
- Initiate closed-chain and core strengthening
- Continue proprioceptive training
- Focus on functional exercises in all planes, advance only when fully controlled
- May initiate interval golf program (if appropriate at 4.5 months)

### **Phase 4 Physical Therapy (24+ weeks)**

- Advance closed-chain and core strengthening
- Sport-specific drills as tolerated
- Full return may take a full 6-12 months or more depending on surgery and recovery