
Post-Op Protocol for Gregory V. Gomez, MD
Small Rotator Cuff Repair

Week 0-3

- Maintain sling use
- POD 1: pendulum hangs, hand squeezes, elbow AROM
- POD 7-10: Add passive ER to 30 degrees, scapular retractions

Week 3-6

- Wean out of sling
- Phase I & II stretching in PT
- May begin to use arm for ADLs
- No lifting > 3lbs

Week 6-12

- Add Phase I strengthening, scapular strengthening
- Add biceps and triceps strengthening
- May use arm for ADLs
- No lifting > 5lbs
 - At 8 weeks post op, no lifting > 10 lbs
 - At 12 weeks post op, no lifting >15 lbs

Week 16

- Return to play program
- Work hardening