



**SMALL FULL ROTATOR CUFF
TEARS PROTOCOL**
**Arthroscopic or
Mini Open Techniques**
Raj Bazaz, MD
(303) 321-1333 or
Toll free 1-888-900-1333 (outside Denver)
www.western-ortho.com

This protocol is based on goal-oriented progression. Each patient is different and should be treated according to their tolerance in therapy. Please feel free to call with any questions.

Phase I: 0-6 weeks

Goals:

Protect surgery
Decrease pain and inflammation
Increase pain free range of motion
Patient education

Plan:

Ultra sling (0-6weeks):
*Sling is off while sitting and with exercise after 2 weeks)
Pendulum activities/cane AAROM (avoid flexion 1st three weeks)
Cervical spine stretches
Scapular mobilization/strengthening
Maintain elbow/wrist ROM
Initial bicep and tricep strengthening
Aquatic therapy
Isometric IR/ER at end phase I
Modalities as needed: ice; electrical stimulation
Aquatic therapy as needed for ROM

Phase II: (6-12 weeks)

Goals:

Control pain and inflammation
Functional ROM near end phase
Begin/increase strengthening
Home Exercise Program

Plan:

Modalities PRN
Scapular and glenohumeral joint mobilizations

Advance scapular stabilization strengthening
Continue AAROM and advance to gradual RTC IR/ER and supraspinatus strengthening with theraband
Gentle deltoid strengthening when RTC is good
Begin UBE mid phase II
Advance phase I strengthening

Phase III (12-26 weeks)

Goals:

Functional ROM
Improve strength
Improve power
Return to sport

Plan:

Self stretches to shoulder
Continue RTC, scapular and deltoid strengthening
Machine weighted strengthening
Coordination exercises (ball toss, body blade)
Progress back to work or sport