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

Week 0-4

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

Week 4-6

- Wean out of sling (maintain sling use for one more week in public)
- Phase I in PT
- May begin to use arm for ADLs
- No lifting > weight of coffee cup

Week 6-12

- Add Phase II stretching and phase I strengthening, scapular strengthening
- Add biceps and triceps strengthening
- May use arm for ADLs
- No lifting > 3lbs
 - At 8 weeks post op, no lifting > 5 lbs
 - At 12 weeks post op, no lifting > 10 lbs

Week 16-20

- Return to play program
 - Work hardening
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