Large - Massive Rotator Cuff Repair *PT may start 1 week after surgery, but only 1-2 visits to establish & explain rehab plan Sling Use:		Post-op protocol for Orthopaedic Surgery & Sports Medicine Clinic • Abduction pillow sling for 4 weeks *all times except bathing • Sling without pillow another 4 weeks *remove only for bathing & during PT • No Passive ROM of shoulder • Elbow, wrist and hand ROM (Active ROM ok as long as no biceps tenodesis was done – if so, then PROM elbow	
		with AROM wrist/hand only) Modalities and ice for pain control	
Phase I: (Passive)	Week 5-8	 Pendulums to warm-up Passive Range of Motion Supine External Rotation to full ROM Supine Forward Elevation to full ROM No Active shoulder flexion or abduction Supination/Pronation ***Continue to sleep in Sling ***Modalities: Heat/Ice; Electrical Stimulation; Soft Tissue Massage for swelling 	
Phase II: (Active/Assistive)	Week 9-12	 Pendulums to warm-up Active Assistive Range of Motion with Passive Stretch to prescribed limits. Supine-Seated External Rotation - Full Supine-Seated Forward Elevation - Full Start Internal ROM AAROM: Pully; Doorway ER Wall Washes Scapular Pinches ***Modalities PRN 	
Phase III: (Resisted)	Week 13-16	 Pendulums to warm up and continue with phase UBE External and Internal Rotation Scaption Serratus Punches (supine/standing) Standing forward punch Standing rows 	

		PiSi	icep Curls rone Jobst ide Lying ER **No Empty Can
Weight Training:	Week 16	• N	eep hands within eyesight, Keep elbows bent Iinimize overhead activities Veight Training: Very light weight with higher epetitions and advance as tolerated
	Immediately		Computer, eating, holding a book, typing, writing
Return to activities:	5-6 months		Golf, Tennis