

## Complex Non-Surgical Rotator Cuff Tear Rehabilitation Protocol

Phase	Goals	Precautions/Restrictions	Treatment
Weeks 0-3	<ul style="list-style-type: none"> <li>• Maintain/Improve range of motion (ROM) to opposite shoulder</li> <li>• Decrease pain</li> <li>• Re-educate use of Deltoid to compensate for the torn rotator cuff</li> <li>• Minimize muscle atrophy of intact rotator cuff muscles</li> <li>• Improve scapular mobility</li> <li>• Full passive range of motion from the side of the thigh to fully overhead</li> </ul>	<ul style="list-style-type: none"> <li>• Avoid provocative maneuvers, motions that cause discomfort</li> <li>• Avoid use of sling/immobilizer for shoulder unless directed by physician</li> </ul>	<ul style="list-style-type: none"> <li>• Passive to Active Assisted Shoulder ROM               <ul style="list-style-type: none"> <li>○ 3-5x/day</li> <li>○ Pendulum</li> <li>○ Supine shoulder flexion with elbow and wrist straight in comfortable arc of motion and gradually increase range</li> </ul> </li> <li>• Scapular mobility and stabilization exercises</li> </ul>
Weeks 3-6	<ul style="list-style-type: none"> <li>• Maintain full passive ROM</li> <li>• Progress to Active ROM without assistance of other arm</li> <li>• Initiate light strengthening and resistance</li> <li>• Maintain general fitness of the patient</li> <li>• Gravity eliminated/reduced position initially</li> </ul>	<ul style="list-style-type: none"> <li>• Avoid provocative maneuvers, motions that cause discomfort</li> <li>• Avoid heavy loading to shoulder</li> </ul>	<ul style="list-style-type: none"> <li>• Active ROM               <ul style="list-style-type: none"> <li>○ 3-5x/day</li> <li>○ Supine full range of shoulder flexion and extension with light can or 1# weight</li> <li>○ Progress posture into reclined position with elevation of your head and continue with Active ROM with just the weight of arm</li> <li>○ In reclined position add small weight</li> </ul> </li> <li>• Scapular stabilization exercises to promote posterior tilt</li> </ul>
Weeks 6-12	<ul style="list-style-type: none"> <li>• Progress Active ROM against gravity with gradually moving torso into an upright seated position</li> </ul>	<ul style="list-style-type: none"> <li>• Avoid provocative maneuvers, motions that cause discomfort</li> <li>• Avoid heavy loading to shoulder</li> </ul>	<ul style="list-style-type: none"> <li>• Active ROM               <ul style="list-style-type: none"> <li>○ In reclined position use small weight or can against gravity</li> </ul> </li> <li>• Deltoid isometrics               <ul style="list-style-type: none"> <li>○ Abduction/flexion/extension</li> <li>○ 3-5x/day</li> <li>○ x 10 reps</li> </ul> </li> <li>• Scapular stabilization exercises to promote posterior tilt</li> </ul>

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 Each patient's progress may vary based on specifics of their injury and procedure.