



Arthroscopic Rotator Cuff Repair (Small/Medium) Protocol

Initial Exercise: Out of sling move elbow and wrist 2-3x/day

Phase 1: Weeks 4-5 (Passive Range of Motion Only)

Pendulums:

Shift your body weight in circles to allow your injured arm to swing in circles freely. Your injured arm should be fully relaxed. Perform for 1 min in 4 directions: forward and backward, side to side, clockwise, and counterclockwise. Perform 1-2 times per day.

ROM of Elbow, Wrist, Forearm:

In a seated position and with your arm at your side, bend your elbow, then fully straighten your elbow. With the forearm and shoulder supported, turn your palm up, then down. Finally, with the forearm and shoulder supported, bend your wrist up and down. All motions are done actively 2-3 sets of 10 repetitions 1-2x daily to reduce chance of stiffness in uninvolved joints.