

## Petkovic Rotator Cuff Repair

### **SMALL ROTATOR CUFF REPAIR**

#### START THERAPY AT 2 WEEKS

Ok to have ROM of elbow, wrist, and fingers now. No ROM of shoulder at home until 2 weeks post op

Continue sling until 4 weeks postop

2 weeks postop: start PROM and AAROM with limitations of 90 deg FE and 30 deg ER, start in supine position and advance to upright as tolerated.

4 weeks postop: Advance to AAROM and PROM as tolerated, again start in supine and advance to upright as tolerated.

6 weeks postop: start ROM as tolerated

12 weeks postop: Start strengthening and resistance

### **MEDIUM ROTATOR CUFF REPAIR**

#### START THERAPY AT 4 WEEKS

Ok to have ROM of elbow, wrist, and fingers now. No ROM of shoulder until 4 weeks post op and discontinue sling.

4 weeks post op: Start PROM and AAROM with limitations of 90 deg FE and 30 deg ER, start in supine position and advance to upright as tolerated

6 weeks post op: Advance to ROM as tolerated.

12 weeks post op: Start strengthening and resistance

## **LARGE ROTATOR CUFF**

### **REPAIR THERAPY START AT 6 WEEKS**

Ok to have ROM of elbow, wrist, and fingers now. No ROM of shoulder until 6 weeks post op and discontinue sling.

6 weeks post op: Start PROM and AAROM, start in supine position and advance to upright as tolerated, advance to ROM as tolerated.

12 weeks post op: Start strengthening and resistance