

Dr. Stephanie Muh Protocol		
Large-Massive RCR repair		
Sling Use		<ul style="list-style-type: none"> <li>• Sling with pillow for 6 weeks.</li> <li>• May come out of sling at home for shower only.</li> </ul>
Phase I: (Passive)	Weeks 1-8	<ul style="list-style-type: none"> <li>• Pendulums to warm-up</li> <li>• SLOW Supine ER gradually progressing to full</li> <li>• SLOW Supine Forward elevation gradually progressing to full</li> <li>• SLOW IR gradually progressing to full</li> <li>• NO active shoulder flexion/abduction</li> <li>• NO THERABANDS</li> </ul>
Phase II: (active/assistive)	Week 8-16	<ul style="list-style-type: none"> <li>• Pendulums to warm-up</li> <li>• Active assistive ROM with passive stretch gradually progress to active ROM</li> <li>• Supine to seated ER gradually progressing to full</li> <li>• Supine to seated Forward elevation progressing to full</li> <li>• IR gradually progressing to full</li> <li>• NO THERABANDS</li> </ul>
Phase III: (resisted)	Week -16-18	<ul style="list-style-type: none"> <li>• Progressive resisted exercises (PRE) for rotator cuff, periscapular and deltoid strengthening</li> <li>• IR/ER</li> <li>• Forward punches</li> <li>• Rows</li> <li>• Bicep curls</li> <li>• Side lying ER</li> <li>• ****No empty can</li> </ul>
Phase IV (strengthening)	18 wks & beyond	<ul style="list-style-type: none"> <li>• Home exercises</li> <li>• Gradual progression in strengthening program</li> <li>• Hands within eyesight and elbows bent</li> <li>• Minimize Overhead activities</li> <li>• ***** Very light weights with high reps and advance slowly</li> </ul>
Return to activities	<p>Immediately – computer, eating, holding a book at waist, typing, writing</p> <p>18 weeks – golf (chip and putt ONLY)</p> <p>6-7 months – golf (full swing), tennis</p>	