

Dr. Stephanie Muh Protocol		
2799 W Grand Blvd 12 th Floor Detroit MI 48202 313-916-2181		6777 W Maple Rd West Bloomfield MI 48322 247-661-6470
Small-Medium RCR repair		
Sling Use	<ul style="list-style-type: none"> • Sling with pillow for 4 weeks. • May come out of sling at home for shower only. 	
Phase I: (Passive)	Weeks 1-5	<ul style="list-style-type: none"> • Pendulums to warm-up • Supine ER gradually progressing to full • Supine Forward elevation gradually progressing to full • IR gradually progressing to full • Supine abduction to full
Phase II: (active/assistive)	Week 5-8	<ul style="list-style-type: none"> • Supine to seated ER gradually progressing to full • Supine to seated Forward elevation progressing to full • IR gradually progressing to full • Abduction to full
Phase III: (resisted)	Week 8-12	<ul style="list-style-type: none"> • Progressive resisted exercises (PRE) for rotator cuff, periscapular and deltoid strengthening • IR/ER • Forward punches • Rows • Bicep curls
Phase IV (strengthening)	12 wks & beyond	<ul style="list-style-type: none"> • Home exercises • Gradual progression in strengthening program • Hands within eyesight and elbows bent • Minimize Overhead activities • ***** Very light weights with high reps and advance slowly
Return to activities	<p>Immediately – computer, eating, holding a book at waist, typing, writing</p> <p>12 weeks – golf (chip and putt ONLY)</p> <p>4-5 months – golf (full swing)</p> <p>6-7 months - tennis</p>	