



## Rotator Cuff Repair (>3cm) Steadman Hawkins Protocol

Ultra sling for 4-6 weeks

Regular sling for 2-4 weeks

### **Phase 0- QUIET**

Week 0-4

Quiet in sling with elbow/wrist/hand

Begin active scapular retraction/protraction exercises with therapist cueing

### **Phase 1 – PASSIVE**

Week 5-8

*Pendulums to warm-up beginning week 5*

Supine External Rotation – 0°-30° beginning at 5 weeks with progression to full PROM by 12 weeks

Supine Forward Elevation - 0°-90° beginning at 5 weeks with progression to full PROM by 12 weeks

*\*progress to upright as tolerated with ER and FE*

### **Phase 2 – ACTIVE**

Week 9-12

*Pendulums to warm-up*

*Active ROM with terminal stretch*

Supine Forward Elevation – after 8 weeks, progress gradually to full

Supine External Rotation - after 8 weeks, progress gradually to full

Internal Rotation – Full (begin behind the back)

Begin AROM in supine and progress to upright

### **Phase 3 – RESISTED**

Week 13

*Pendulums to warm-up and continue with phase 2*

External and Internal Rotation

Standing Forward Punch

Seated Rows

Bicep Curls

### **Weight Training**

Week 16

Keep hands within eyesight, keep elbows bent, no long lever arms

Minimize overhead activities (below shoulder)

(No military press, pull-down behind head, or wide grip bench)

### **Initiation of Interval Sport Programs**

Golf 5-6 months

Tennis 7-8 months

Ski 7-8 months