



Rotator Cuff Repair (< 3cm) Steadman Hawkins Protocol

Ultra sling for 4 weeks

Regular sling for 2 weeks

Phase 0- QUIET

Week 0-1

Quiet in sling with elbow/wrist/hand

Begin active scapular retraction/protraction exercises with therapist cueing

Phase 1 – PASSIVE

Pendulums to warm-up beginning week 1

Week 1-6

Supine External Rotation – 0°-30° beginning at 2 weeks with progression to full PROM by 12 weeks

Supine Forward Elevation - 0°-90° beginning at 2 weeks with progression to full PROM by 12 weeks

Phase 2 – ACTIVE

Pendulums to warm-up

Active ROM with terminal stretch

Week 7-9

Supine Forward Elevation – after 6 weeks, progress gradually to full

Supine External Rotation - after 6 weeks, progress gradually to full

Begin active biceps

Internal Rotation – Full (begin behind the back)

Begin AROM in supine and progress to upright

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

Phase 3 – RESISTED

Pendulums to warm-up and continue with phase 2

Week 10

External and Internal Rotation

Standing Forward Punch

Seated Rows

Bicep Curls

Weight Training

Week 12

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 4 months (chipping and putting at 3 months)

Tennis 4 months

Ski 3-4 months