

**DR. YACOBUCCI'S POST-OP PROTOCOL FOR**  
**ROTATOR CUFF REPAIR :**

**IMMED. POST-OP:** Patient sent home with shoulder immobilizer to be **worn at all times for 6 weeks** except: bathing, changing shirts, home exercises and P.T. Keep surgical incisions **dry at all times for 2 weeks**. Begin home exercises right away per your home exercise instruction sheet.

**POST-OP 2 WEEKS:** Begin P.T.: Therapist to begin **PASSIVE**: ABDUCTION, ELEVATION, INTERNAL AND EXTERNAL ROTATION TO 90 DEGREES. No active motion and no strengthening exercises yet. Modalities as needed.

**POST-OP 6 WEEKS:** Discontinue immobilizer. Therapist to push passive ROM to maximum. Begin isometric exercises in all planes of motion...keep resistance light (2lbs.) in ABDUCTION and EXTERNAL ROTATION.

**POST-OP 9 WEEKS:** Begin isotonic strengthening in all planes. Keep weight Maximum 5 lbs. in ABDUCTION and EXTERNAL ROTATION.

**POST-OP 12 WEEKS:** Gradually increase weight limits to MAXIMUM IN ALL PLANES.

**POST-OP 14 WEEKS:** DISCONTINUE PHYSICAL THERAPY. Continue strength work at home. Gradually resume all activities.