<table>
<thead>
<tr>
<th>Dr. Curtis Noel’s Protocol for: Large/Massive Rotator cuff Repair (Open and Arthroscopic)</th>
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<tbody>
<tr>
<td><strong>Sling Use:</strong></td>
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</table>
| • Ultra sling for 4 weeks followed by regular sling for 4 weeks *(SLING FOR 8 WEEKS TOTAL)*  
• Ultra Sling use  
  o Maintain arm at the side of body when out of sling for exercises or bathing  
  o ***Sleep in sling***  
• Pillow use  
  o Elevation from above level of pillow  
  o External rotation from the pillow with the elbow on the pillow  
  o No Internal rotation while still using pillow  |
| **Week 1-4** |  |
| • No Passive ROM of shoulder  
• Elbow, wrist and hand ROM  
• Modalities and ice for pain control  |
| **Phase I: (Passive)** | **Week 4-8** |
| • Pendulums to warm-up  
• Passive Range of Motion  
• Supine External Rotation to full ROM  
• Supine Forward Elevation to full ROM  
• No Active shoulder flexion or abduction  
• Supination/Pronation  
  ***Continue to sleep in Sling***  
• ***Modalities: Heat/Ice; Electrical Stimulation; Soft Tissue Massage for swelling***  |
| **Phase II: (Active/Assistive)** | **Week 9-12** |
| • Pendulums to warm-up  
• Active Assistive Range of Motion with Passive Stretch to prescribed limits.  
• Supine-Seated External Rotation - Full  
• Supine-Seated Forward Elevation - Full  
• Start Internal ROM  
• AAROM: Pully’s; Doorway ER  
• Wall Washes  
• Scapular Pinches  
  ***Modalities PRN***  |
| **Phase III:** | **Week 13-15** |
| • Pendulums to warm up and continue with phase  
• UBE  
• External and Internal Rotation  |
| (Resisted) | • Scaption  
• Serratus Punches (supine/standing)  
• Standing forward punch  
• Standing rows  
• Bicep Curls  
• Prone Jobst  
• Side Lying ER  
• ***No Empty Can |
|---|---|
| **Weight Training:**  
**Week 16** | • Keep hands within eyesight, Keep elbows bent  
• Minimize overhead activities  
• Weight Training: Very light weight with higher repetitions and advance as tolerated |
| **Return to activities:** | **Immediately**  
Computer, eating, holding a book, typing, writing  
**5-6 months**  
Golf, Tennis |