

Dr. Curtis Noel's Protocol for:

**SMALL TO MEDIUM
ROTATOR CUFF REPAIRS**



Sling Use:		Ultrasling for 3-4 weeks, regular sling without pillow for another 3-4 weeks (TOTAL SLING TIME IS 6-8 WEEKS)
Phase I: (Passive)	Week 1-4	<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
Phase II: (Active/Assistive)	Week 4-8	<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
Phase III: (Resisted)	Week 8-12	<ul style="list-style-type: none"> • PRE's for rotator cuff, periscapular and deltoid strengthening • IR/ER • Serratus Punches • Rows • Bicep curls
Weight Training:	Week 12	<ul style="list-style-type: none"> • Keep HandS within eyesight and elbows bent • Minimize OH activities • ***Very light weights with high repetitions and advance slowly
Return to activities:	Immediately	Computer, eating, holding a book, typing, writing
	12 weeks	Golf (chip and putt ONLY)
	4-5 months	Golf (Full swing)
	6-7 months	Tennis

***Small tears can progress a little faster than medium size tears

- Can begin Phase II around third week
- Can begin Phase III around sixth or seventh week pending on patient tolerance