

Dr. Curtis Noel's Protocol for:  
**Large/Massive Rotator cuff  
 Repair (Open and  
 Arthroscopic)**



Sling Use:		<ul style="list-style-type: none"> <li>• Ultra sling for 4 weeks followed by regular sling for 4 weeks (<b>SLING FOR 8 WEEKS TOTAL</b>)</li> <li>• Ultra Sling use               <ul style="list-style-type: none"> <li>○ Maintain arm at the side of body when out of sling for exercises or bathing</li> <li>○ ***Sleep in sling</li> </ul> </li> <li>• Pillow use               <ul style="list-style-type: none"> <li>○ Elevation from above level of pillow</li> <li>○ External rotation from the pillow with the elbow on the pillow</li> <li>○ No Internal rotation while still using pillow</li> </ul> </li> </ul>
Week 1-4		<ul style="list-style-type: none"> <li>• No Passive ROM of shoulder</li> <li>• Elbow, wrist and hand ROM</li> <li>• Modalities and ice for pain control</li> </ul>
Phase I: (Passive)	Week 4-8	<ul style="list-style-type: none"> <li>• Pendulums to warm-up</li> <li>• Passive Range of Motion</li> <li>• Supine External Rotation to full ROM</li> <li>• Supine Forward Elevation to full ROM</li> <li>• No Active shoulder flexion or abduction</li> <li>• Supination/Pronation</li> <li>***Continue to sleep in Sling</li> <li>***Modalities: Heat/Ice; Electrical Stimulation; Soft Tissue Massage for swelling</li> </ul>
Phase II: (Active/Assistive)	Week 9-12	<ul style="list-style-type: none"> <li>• Pendulums to warm-up</li> <li>• Active Assistive Range of Motion with Passive Stretch to prescribed limits.</li> <li>• Supine-Seated External Rotation - Full</li> <li>• Supine-Seated Forward Elevation - Full</li> <li>• Start Internal ROM</li> <li>• AAROM: Pully's; Doorway ER</li> <li>• Wall Washes</li> <li>• Scapular Pinches</li> <li>***Modalities PRN</li> </ul>
Phase III:	Week 13-15	<ul style="list-style-type: none"> <li>• Pendulums to warm up and continue with phase</li> <li>• UBE</li> <li>• External and Internal Rotation</li> </ul>

(Resisted)		<ul style="list-style-type: none"> <li>• Scaption</li> <li>• Serratus Punches (supine/standing)</li> <li>• Standing forward punch</li> <li>• Standing rows</li> <li>• Bicep Curls</li> <li>• Prone Jobst</li> <li>• Side Lying ER</li> <li>• ***No Empty Can</li> </ul>
Weight Training:	Week 16	<ul style="list-style-type: none"> <li>• Keep hands within eyesight, Keep elbows bent</li> <li>• Minimize overhead activities</li> <li>• Weight Training: Very light weight with higher repetitions and advance as tolerated</li> </ul>
Return to activities:	Immediately	Computer, eating, holding a book, typing, writing
	5-6 months	Golf, Tennis