

## Swift Shoulder Institute - Physical Therapy Protocols

### Partial Rotator Cuff Repair / Balloon Arthroplasty

- Weeks 0-4: Sling. Full PROM & AAROM.
- Weeks 4-8: Progress PROM/AROM with 5 lb. lifting restriction.
- Weeks 8-12: Progress ROM/strengthening as tolerated.
- Weeks 12+: Return to activities as tolerated.