



ROTATOR CUFF REPAIR PHYSICAL THERAPY ORDER/PROTOCOL

Dr. Suzanne Miller / Julie Winn PA-C

Patient Name: _____

Surgery: _____ **Date of Surgery:** _____

WEEK 1 (Home Exercises):

- 1) Take arm out of sling and move below elbow, wrist, and hand at least 4 times a day. Keep upper arm and shoulder at your side to protect the repair. No shoulder motion.
- 2) A sling is to be worn at all times, except for therapy and hygiene for 4-6 weeks depending on the size of the tear.

WEEKS 2-4:

Start physical therapy

- 1) Modalities to decrease pain and swelling
- 2) Passive ROM: FF 0-120 degrees, ABD 0-90 degrees, rotation 0-45 degrees
- 3) Active elbow, wrist, and hand exercises
- 4) No active abduction

WEEKS 5-8:

- 1) Active-assisted ROM begins and progress to regain full ROM.
- 2) Can begin pulleys
- 3) Week 6- Advance active ROM as tolerated
- 4) Start closed chain exercises for scapula stabilization
- 5) Discontinue sling at 6 weeks.

WEEKS 8-12: Start a strengthening program with Thera band, especially rotation to strengthen subscapularis and infraspinatus

WEEK 10: Advance to light weights

WEEK 12: Sport specific training or work hardening as needed.

RX: **FREQ: 2-3x/week** **DURATION: 8-12 weeks**

SIGNATURE: _____, MD/PA-C

ADDITIONAL COMMENTS: _____