

Rotator Cuff Repair

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Patient Name	Date of Surgery
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Procedure: Right Left Shoulder Rotator Cuff Repair

Associated Procedure(s): (check if applicable) Distal Clavicle Resection: *If this was done, avoid cross-body adduction x 8 wks*
 Biceps Tenodesis: *If this was done, avoid any resisted elbow flexion x 4 wks*

Evaluate and Treat Provide patient with home program

Frequency: _____ x/week x _____ weeks

Phase I (0-6 wks): *Period of protection: In general, sling should be worn at all times during this phase (except for hygiene and PT). Passive shoulder ROM only (ie. NO active ROM). No cuff strengthening until after 3 months.*

- **Weeks 0-6: No formal PT.**
 - Sling at all times (except for hygiene and pendulums); pillow behind elbow at night to prevent extension.
 - Home exercises only (pendulums, elbow + wrist ROM, grip strengthening).
- **Use Shoulder CPM** 3-5 hours per day. 0-60 degrees abduction, in scapular plane. May progress as tolerated (pain free). External rotation 0-30 degrees.

Phase II (6-12 wks): *Transition to active motion and protected strengthening.*

- D/C sling if cleared by MD
- **ROM:** Light passive stretching at end ranges. Begin AAROM (canes, pulleys, etc.) and progress supine to vertical; gradually progress to AROM after 8 weeks.
 - Goals: full motion by 12 weeks.
- **Strengthening:**
 - Begin periscapular, pec/latissimus/trapezius isometrics with arms below shoulder level @ 6wks.
 - At 8 wks, begin deltoid and cuff isometrics with arm at the side.
 - **No resisted shoulder motions until after 12 wks.**

Phase III (3-9 months): *Begin gentle cuff strengthening and progress to sport-specific/occupation-specific rehab.*

- **ROM:** Passive stretching at end ranges if full motion not achieved. Advance to full active ROM as tolerated.
- **Strengthening:**
 - At 3 months
 - Advance as tolerated from isometrics g bands g light weights (1-5lbs) w/8-12 reps x 2-3 sets for cuff, deltoid, scapular stabilizers (*Only do this 3x/wk to avoid cuff tendonitis*)
 - Begin eccentrically resisted motions, plyometrics (*weighted ball toss*), proprioception (*body blade*)
 - At 4.5 months, begin sports-specific/job-specific rehab and advanced conditioning
- **Throwing:**
 - At 6 months, if full-strength return to light tossing
 - At 9 months, throw from the pitcher's mound and/or return to collision sports (hockey, football, etc.)
- **Work:**
 - Overhead work without lifting is usually possible at 6 months
 - Can resume heavy labor once full-strength achieved (usually by 9-12 months)

By signing this referral, I certify that I have examined this patient and physical therapy is medically necessary.

This patient _____ would _____ would not benefit from social services.

Physician Signature	Date
Printed Name	