



## Arthroscopic Rotator Cuff Repair

Dr. Zachary P. Arntson

Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

Date of Surgery: \_\_\_\_\_

Frequency: 1 2 3 4 times/week      Duration: 1 2 3 4 5 6 Weeks

\_\_\_\_ Weeks 0-1:

- Patient to do Home Exercises given post-op (pendulums, elbow ROM, wrist ROM, grip strengthening)
- **Patient to remain in sling for 6 weeks**

\_\_\_\_ Weeks 1-4:

- NO FLEXION PAST 90° FOR FIRST 4 WEEKS
- ROM goals: 90° FF/40° ER at side; ABD max 60-80° without rotation
- No resisted motions of shoulder until 12 weeks post-op, including biceps for 4 wks
- Heat before PT, ice after PT

\_\_\_\_ Weeks 4-12:

Goals: Same as above, but can increase as tolerated

- Light passive stretching at end ranges
- Begin scapular exercises, PRE's for large muscle groups (pecs, lats, etc)
- At 8 weeks, can begin strengthening/resisted motions
- Isometrics with arm at side beginning at 8 weeks

\_\_\_\_ Months 3-12:

- Advance to full ROM as tolerated with passive stretching at end ranges
- Advance strengthening as tolerated: isometrics → bands → light weights (1-5 lbs); 8-12 reps/2-3 sets per rotator cuff, deltoid, and scapular stabilizers
- Only do strengthening 3x/week to avoid rotator cuff tendonitis
- Begin eccentrically resisted motions, plyometrics (ex. Weighted ball toss), proprioception (es. body blade)
- Begin sports related rehab at 4 ½ months, including advanced conditioning
- Return to throwing at 6 months
- Throw from pitcher's mound at 9 months
- Collision sports at 9 months
- MMI is usually at 12 months post-op

\_\_\_\_ Functional Capacity Evaluation    \_\_\_\_ Work Hardening/Work Conditioning    \_\_\_\_ Teach HEP

Modalities

\_\_\_\_ Electric Stimulation    \_\_\_\_ Ultrasound    \_\_\_\_ Iontophoresis    \_\_\_\_ Phonophoresis    \_\_\_\_ Heat before/after    \_\_\_\_ Ice before/after    \_\_\_\_ Trigger points massage    \_\_\_\_ TENS    \_\_\_\_ Therapist's discretion

Signature \_\_\_\_\_ Date \_\_\_\_\_