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POST-OP ROTATOR CUFF REPAIR PHYSICAL THERAPY PRESCRIPTION (M75.1):

Patient Name: Date: Site: R L
Frequency: per week, for weeks
Small Moderate Large Massive RTC Tear
Distal Clavicle Resection Biceps Tenodesis # of Anchors

Immediate Post-Surgical Phase (Day 1-10)

- Goals: 1) Maintain Integrity of Repair 2) Gradually Increase Passive ROM 3) Diminish Pain and Inflammation 4) Prevent Muscular Inhibition
Precautions: 1) No Lifting of Heavy Objects (>1 lb) 2) No Excessive Shoulder Extension 3) No Excessive Stretching or Sudden Movements 4) No Supporting of Body Weight by Hands

- Sling +/- Abduction Pillow
Pendulum Exercises
Active Assist ROM Exercises (L-Bar)
Passive ROM
Elbow / Hand Gripping & ROM Exercises
Sub-maximal Pain Free Isometrics
Cryotherapy for Pain and Inflammation
MODALITIES: PRN

- Distal Clavicle Resection: (If box checked follow attached rehabilitation modifications)
Modalities to AC joint for swelling and to trapezius and deltoid for muscle spasm
Avoid resisted cross chest adduction strengthening exercises for first 4 weeks
No bench press or chest flies for first 8 weeks

- Biceps Tenodesis: (If box checked follow attached rehabilitation modifications)
Avoid terminal elbow extension (10-20 degrees) for first 2 weeks
No elbow hyperextension or stretching exercises for first 4 weeks
No resistive elbow flexion exercises, strengthening, or lifting > 2 lbs for first 6 weeks

Please send progress notes.

Physician's Signature: _____

(I have medically prescribed the above treatments)

Protection Phase (Day 11-Week 6)

- Goals:**
- 1) Slow Healing of Soft Tissue
 - 2) Do Not Overstress Healing Tissue
 - 3) Gradually Restore Full Passive ROM
 - 4) Re-establish Dynamic Shoulder Stability
 - 5) Decrease Pain and Inflammation

- Precautions:**
- 1) No Lifting of Heavy Objects
 - 2) No Excessive Behind the Back Movements
 - 3) No Sudden Jerking Motions
 - 4) No Supporting of Body Weight by Hands

• **Day 11-14**

- Passive ROM to Tolerance
 - Flexion 0-125°/145°
 - ER at 90° of abduction to at least 45°
 - IR at 90° of abduction to at least 45°
- Active Assisted ROM to Tolerance
 - Flexion
 - ER/IR in scapular plane
 - ER/IR at 90° of abduction
- Dynamic Stabilization Drills
 - Rhythmic Stabilization
 - ER/IR in scapular plane
 - Flexion/Extension at 100° of flexion
- Continue all Isometric Contractions
- May Discontinue Sling during 1st week if simple Rotator Cuff Debridement
 - Patients with Repairs will remain in sling for 1st 4 weeks
- Continue use of Cryocuff as needed

• **Weeks 3-4**

- Patient should exhibit full passive ROM
- Continue all exercises listed above
 - Initiate ER/IR strengthening using exercise tuning at 0° of abduction
 - Initiate Manual Resistance ER Supine in Scapular Plane
 - Initiate Prone Rowing to Neutral arm position
 - Initiate Isotonic Elbow Flexion
 - Continue use of ICB as needed
 - May use heat prior to ROM exercises
 - May use pool for light ROM exercises
- If RTC Repair → May Discontinue Sling at the end of 4th week

• **Weeks 5-6**

- May use heat prior to exercises
- Continue AAROM and Stretching exercises
 - Initiate Active ROM exercises
 - Shoulder Flexion Scapular Plane
 - Shoulder Abduction

- Progress Isotonic Strengthening Exercise
 - ER Tubing
 - Side-lying IR
 - Prone Rowing/Horizontal Abduction
 - Biceps Curls

Intermediate Phase (Week 7-Week 14)

- Goals:** 1) Full Active ROM (Week 8-10)
 2) Full Passive ROM
 3) Dynamic Shoulder Stability
 4) Gradual Restoration of Shoulder Strength and Power
 5) Gradual Return to Functional Activities

- **Weeks 7-14**
 - Continue Stretching & PROM (as needed to maintain full ROM)
 - Continue Dynamic Stabilization Drills
 - Progress Strengthening Program
 - ER/IR with Tubing
 - Side-lying Lateral Raises
 - Full Can in Scapular Plane
 - Prone Rowing / Horizontal Abduction / Extension
 - Elbow Extension / Flexion
 - Patient must be able to elevate arm without shoulder or scapular hiking before initiating Isotonics → If unable, continue glenohumeral joint exercises
 - May initiate light functional activities at Week 8-10 if tolerated

Advanced Strengthening Phase (Week 15-Week 24)

- Goals:** 1) Maintain full Non-Painful ROM
 2) Enhance Function use of Upper Extremity
 3) Muscular Strengthening and Power
 4) Gradual Return to Functional Activities

- **Weeks 15-22**
 - Continue ROM & Stretching to Maintain full ROM
 - Self capsular Stretches
 - Progress Shoulder strengthening exercises
 - Fundamental Shoulder Exercises
 - Initiate Interval Golf Program (if applicable)
 - May Progress to Golf at 20 weeks if tolerated
 - Initiate Interval Tennis Program (if applicable)
 - May Initiate Swimming
- **Week 22-24**
 - Continue Fundamental Shoulder Exercise Program (at least 4 times weekly)
 - Continue Stretching if still with ROM deficit
 - Continue Progression to Sport participation