

## Physical/Occupational Therapy Prescription

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Diagnosis: Rotator Cuff Tear Code: M75.100

Procedure: Rotator Cuff Repair Surgery Date: \_\_\_\_\_

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### Instructions

#### Large/Massive Rotator Cuff Repair Protocol

##### Range of motion:

- For the first six weeks post-operatively, elbow/forearm/wrist/hand motion only. No forward elevation or active motion.
- At six weeks post-operatively, begin regaining shoulder motion, progressing from passive to active-assisted to active range of motion. Avoid positions of impingement.
- Suggested home exercises after six weeks: canes, pulleys, and supine gravity-assisted exercises.

##### Strengthening:

- No strengthening prior to 12 weeks post-operatively, 3-5 pound weight lifting restriction until 12 weeks post-operatively.
- Then begin strengthening of rotator cuff, scapular stabilizers, and deltoid progressing slowly from isometrics with the arm at the side to bands to weights to plyometrics. Include a home strengthening program.
- Once strength is progressing, also add a focus upon scapular mechanics and proprioception.
- Do not strengthen more frequently than three times per week to avoid tendonitis.
- At 4.5 months post-operatively, progress towards occupation and sport-specific exercises, planning to return to overhead sports at 6 months and collision sports at 9 months.

##### Limitations:

- No active range of motion and sling immobilization until six weeks post-operatively.
- No strengthening until twelve weeks post-operatively.
- Three- to five-pound weight lifting restriction until 12 weeks post-operatively.

Please provide with a home exercise program.

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### Modalities

Heat before and ice after therapy. Electric stimulation per therapist.

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

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