

PHYSICAL THERAPY PRESCRIPTION

DIAGNOSIS (LEFT / RIGHT) ARTHROSCOPIC ROTATOR CUFF REPAIR

DATE OF SURGERY: _____

ARTHROSCOPIC SHOULDER SURGERY PHYSICAL THERAPY PRESCRIPTION

NO ACTIVE shoulder ROM against gravity until 6 weeks after surgery

1-2 WEEKS POSTOP

- Passive supine elevation using the opposite hand to 90°. Passive ER to neutral
- Modalities, cryocuff, prn
- Hand, wrist, elbow PRE's

2-3 WEEKS POST OP:

- Start pendulums, passive supine elevation, passive ER
- Pulley exercises for flexion, as tolerated. Use cane for ER: to increase IR.
- Begin scapular strengthening program, in protective range
- Deltoid isometrics

3-5 WEEKS POST-OP:

- Joint mobilization & PROM as necessary (passive supine elevation, passive ER)
- Deltoid isometrics
- Modalities as needed
- Begin submaximal IR / ER isometric exercises in neutral, arm at side (week 5)

5-7 WEEKS POST-OP:

- ROM activities, emphasize flexion, Gentle passive stretch to 120° forward flexion
- Deltoid isometrics in plane of scapula, only after positive rotator cuff strength is determined (especially forward flexion)
- Continue with scapular PRE's. Begin biceps PRE's
- Continue with modalities, prn

7-11 WEEKS POST-OP:

- Progress Rotator cuff isotonic
- Restore full ROM by 12 weeks
- Continue with aggressive scapular exercises
- Upper extremity PRE's for large muscle groups, i.e., pects, lats, etc. at 12 weeks
- Begin isokinetic program, IR / ER emphasize eccentrics
- Continue with flexibility activities

11-16 WEEKS POST-OP:

- Aggressive upper extremity Pre's
- IR / ER isokinetics, velocity spectrum
- Begin plyometric program for overhead athletes
- Continue with throwing and racquet program if appropriate
- Posterior capsule stretching after warm-ups
- Progress PRE's from side for overhead athletes

Treatment: _____ times per week Duration: _____ weeks

Physician's Signature: _____