

# Physical Therapy Prescription

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## Arthroscopic Rotator Cuff Repair Protocol

Surgical Date:

Side:  Right       Left

Diagnosis:  Arthroscopic Rotator Cuff     Distal Clavicle Excision     Biceps Tenodesis

Phase	Goals	Precautions	Exercises
<b>Phase 1:</b> <b>Weeks 0 - 4</b>	Edema and pain control Protect Repair	Sling at all times including sleep OK to remove for showers and exercises	Codman and Pendulum Scapular stabilization Elbow, wrist, hand ROM
<b>Phase 2:</b> <b>Weeks 4-12</b>	Protect repair Restore ROM  ADL's below 90	Sling except shower & exercises DC sling at 6 weeks No ER >40° until 6 weeks No FF >120° until 6 weeks	<b>Weeks 4-6:</b> Joint mobilizations Scapular stabilization Deltoid, biceps, triceps isometrics PROM: FF plane scapula 120°, ER 20°  <b>Weeks 7-12:</b> Advance scapular stabilization Improve scapulohumeral rhythm below 90° Progress AA/PROM to FF 155°, ABD 135°, ER 45°, ABER 90°, ABIR 45° AROM in plane of scapula (supine → standing) Begin ER & IR isometrics Hydrotherapy if available
<b>Phase 3:</b> <b>Weeks 12 - 20</b>	Full ROM Normalize scapulohumeral rhythm throughout ROM Restore strength 5/5	Avoid painful ADL's Avoid rotator cuff inflammation Avoid excessive passive stretching OK to begin running/cycling	A/AA/PROM no limits Continue scapular stabilization Advance scapulohumeral rhythm Endurance: upper body ergometer (UBE) Begin resistive strengthening for scapula, biceps, triceps, and rotator cuff

<b>Phase 4: Weeks 20+</b>	Full ROM and strength Improve endurance Prevent re-injury	Avoid painful activities Return to sport (MD directed)	Advance eccentric training Initiate plyometrics Advance endurance training Sport specific activities
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**PROTOCOL FOR SPECIFIC PROCEDURES**

- o **DISTAL CLAVICLE EXCISION:** Weeks 0-8: no cross-body adduction, abduction >90°, or rotation in 90°.
- o **BICEPS TENODESIS:** Weeks 0-4: no active elbow flexion. Weeks 4-8: begin biceps isometrics. Weeks 8+: begin biceps resistance training.
- o **SUBSCAPULARIS REPAIR:** Weeks 0-4: no ER>0°, no active IR. Weeks 4-6: no ER>30°, FF>90°, or extension>20°. Weeks 6-12: begin active IR. Weeks 12+: begin resisted IR.

Treatment:  1-2  2-3 times per week for \_\_\_\_ weeks.  Home Program

Modalities PRN (Ultrasound/ Phonophoresis/E-stim/Ice/Heat)

Physician's Signature: \_\_\_\_\_

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