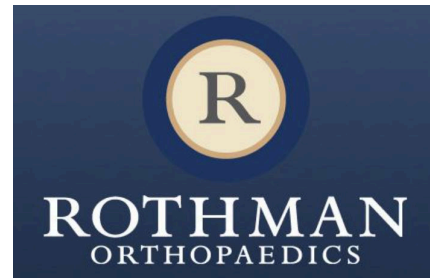


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**ROTATOR CUFF REPAIR PHYSICAL THERAPY PROTOCOL/PRESCRIPTION**

Name \_\_\_\_\_

Diagnosis: s/p RIGHT/LEFT Rotator Cuff Repair Biceps Tenodesis SAD/Acromioplasty DCE

Date of Surgery \_\_\_\_\_ Frequency: \_\_\_\_\_ times/week Duration: \_\_\_\_\_ Weeks

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

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

\_\_\_\_\_ Weeks 1-6:

True PROM only! The rotator cuff tendon needs to heal back into the bone  
ROM goals: 140°FF/40°ER at side; ABD max 60-80° without rotation  
No resisted motions of shoulder until 12 weeks post-op  
Grip strengthening  
No canes/pulleys until 6 weeks post-op, because these are active-assist exercises  
Heat before PT, ice after PT

\_\_\_\_\_ Weeks 6-12:

Begin AAROM □ AROM as tolerated  
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, plyo (ex. Weighted ball toss), proprioception (es. body blade)  
Begin sports related rehab at 4 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

Comments:

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

Modalities

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

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