



Brandon J. Erickson, MD
 Montanna Casey, ATC
 Mackenzie Lindeman, ATC
 Terry Lin, PA-C
 645 Madison Ave New York, NY
 200 White Plains Rd 4th Floor Tarrytown, NY
 450 Mamaroneck Ave Suite 200 Harrison, NY
 Phone: 914-580-9624
 Montanna.Casey@rothmanortho.com
 Mackenzie.Lindeman@rothmanortho.com
 Terry.Lin@rothmanortho.com
 www.brandonericksonmd.com

Massive Cuff Repair with Superior Capsular Reconstruction (SCR) Physical Therapy Protocol/Prescription

Name _____

Diagnosis s/p RIGHT/LEFT RCR with SCR SAD/Acromioplasty Biceps Tenodesis Distal Clavicle Excision

Date of Surgery _____

Frequency: _____ times/week Duration: _____ Weeks

_____ Weeks 0-6:

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

_____ Weeks 6-8:

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
 Grip strengthening
 No canes/pulleys until 8 weeks post-op, because these are active-assist exercises
 Heat before PT, ice after PT

_____ Weeks 8-12:

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)
 Isometrics with arm at side

_____ 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 at week 16
 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 _____ Other _____ Therapist's discretion

Signature _____ Date _____