

Physical Therapy Prescription for:

label

Eval & Treat: 2-3x/week x 12 weeks**Diagnosis:** Rotator Cuff Tear**Procedure:** ___ Arthroscopic Rotator Cuff Repair, ___ Subacromial Decompression,
___ Biceps Tenodesis, ___ Biceps Tenotomy, ___ Distal Clavicle Excision,
___ Labral Debridement**Date of Surgery:****Start Therapy:** ___ 1-2 weeks after surgery, ___ 4-6 weeks after surgery**Protocol:****** No internal rotation or hyperextension for 6 weeks ******WEEK 1:**

- Pendulums
- ROM and progressive strengthening- elbow, wrist, and hand
- AAROM: scapular plane FE 0-130° (progress over 4 weeks)
- ER 0-30° (progress over 4 weeks) (in scapular plane)
- PROM: as above (gentle)

WEEK 2:

- Pulleys
- Scapula mobilization
- Scapula facilitation- posterior rotation shrugs (without weight)

WEEK 4:

- Isometric hold scapular plane elevation @30dg (without resistance)
- AAROM: FE 130-180°, ER 30-60° (progress as tolerated weeks 4-6)

WEEK 6:

- Upper Body Ergometer
- AAROM: elevation and ER to tolerance, hyperextension, IR

- PROM: as above
- AROM: scapular plane elevation to 90°, supine shoulder flexion to 90°, side-lying ER in modified neutral
- ER/IR isometrics
- Bodyblade: superior/inferior, flex/ext @0°

WEEK 7:

- Progress AROM
- Bodyblade: ER/IR in modified neutral, scapular plane elevation @ 90°
- Elastic band ER/IR with arm at side

WEEK 8:

- PRE: prone horizontal abd, prone ER, modified D2Flexion to cocking
- Bodyblade: scapular plane elevation to 140°
- Scapular plane elevation to 140°

WEEK 12:

- May add weights to program
- Advance ER/IR strengthening to cocking position as tolerated
- Plyoball rebounder for eccentric cocking and ER
- Increase speed of training

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Date