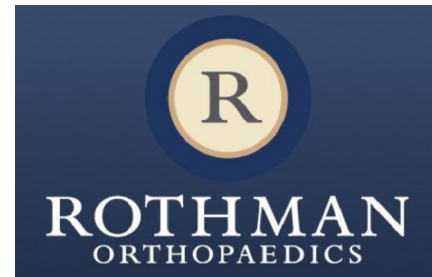


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ROTATOR CUFF REPAIR PHYSICAL THERAPY PROTOCOL

Name _____ Date _____

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 _____