



## Physical Therapy Prescription – Rotator Cuff Repair (Large)

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Diagnosis: R / L Shoulder Rotator Cuff Repair Date of Surgery: \_\_\_\_\_

Frequency: 2-3 times per week for \_\_\_\_\_ weeks, beginning 2 weeks after surgery

**WEEKS 0 – 2:** Period of protection → no therapy for the first 2 weeks

- **Sling with abduction pillow:** WEAR AT ALL TIMES except for hygiene
- **Range of Motion:** No shoulder ROM allowed; elbow/forearm/wrist/hand motion ONLY
- **Exercises:** pendulums and grip strengthening; NO shoulder strengthening or motion exercises permitted

### **THERAPY Phase I (Weeks 2 – 6 after surgery)**

- **Sling with abduction pillow:** Continue
- **Range of Motion:** PROM only, including FF, ER, and ABD (within a comfortable range); No AROM/AAROM
- **Exercises:** continue pendulums; begin scapular exercises (while in sling) including elevation with shrugs, depression, retraction, and protraction
- **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

### **THERAPY Phase II (Weeks 6 – 8 after surgery)**

- **Sling with abduction pillow:** Discontinue at 6-8 weeks → FIRST at home then in the community
- **Range of Motion:** Progress PROM and begin AAROM → progress slowly
  - o Week 6-7: perform while supine
  - o Week 7-8: perform while back is propped up 45°
  - o Week 8+: perform while in an upright position
- **Therapeutic Exercises:** Progress Phase I exercises; no shoulder strengthening yet
- **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

### **THERAPY Phase III (Weeks 8 – 12 after surgery)**

- **Range of Motion:** Begin to AROM in all planes → progress slowly
- **Therapeutic Exercises:** Begin isometric exercises (use pillow or folded towel without moving the shoulder); no resistance exercises until 12 weeks after surgery
- **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

### **THERAPY Phase IV (Weeks 12 – 16 after surgery)**

- **Range of Motion:** Progress to full, painless, AROM
- **Therapeutic Exercises:** Progress Phase III exercises, begin gentle resistance exercises with elastic band or hand weights, including resisted scapular strengthening, rotator cuff strengthening, and deltoid strengthening
  - o Resistance exercises/strengthening only done 3x/ with rest between sessions
  - o Do not do full or empty-can exercises = too much stress on the rotator cuff
- **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

**5 months:** Begin sport specific rehab

**6 month:** Return to throwing → Throwing from pitchers mound at 9 months

**9 months:** Collision sports (football, hockey, rugby)

**\*MMI: at 12 months postop**

Physician Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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