



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

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

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

Frequency: 2-3 times per week for \_\_\_\_\_ weeks, beginning 6 weeks after surgery

**WEEKS 0 – 6:** Period of protection → no therapy for the first 6 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 6 – 10 after surgery)**

- **Sling with abduction pillow:** discontinue at 8 wks
- **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 10 – 14 after surgery)**

- **Range of Motion:** Progress PROM and begin AAROM → progress slowly
  - o Week 10-11: perform while supine
  - o Week 11-12: perform while back is propped up 45°
  - o Week 12-14: 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 14 – 18 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);
- **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

### **THERAPY Phase IV (Weeks 18 – 22 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)

\*MMI: at 12 months postop

(MOON PROTOCOL- BLUE)

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

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

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