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PHYSICAL THERAPY PRESCRIPTION: Shoulder Arthroscopy – Rotator Cuff Repair

Start PROM week 3, AROM week 6.

RECOVERY / RECUPERATION PHASE: WEEKS 1 - 2

 \* Immobilization x 2 weeks except for elbow, hand and wrist ROM. No active or passive shoulder ROM

 \* Elbow A/AAROM: flexion and extension.

 \* Modalities (i.e. CryoCuff) PRN.

 \* Wrist and gripping exercises.

\* Scapular isometrics.

 \* Grip strengthening

 \* Discontinue sling at 4-6 weeks (sling wear includes nighttime)

WEEKS 3 – 6

\* At 3 weeks typical start time for formal Physical Therapy

\* PROM: external rotation up to 20 degrees, passive supine forward elevation to 90 degrees

\* No active shoulder range of motion; no forced ROM or manipulations

 \* Lightly resisted elbow flexion with elbow against body

 \* Continue with wrist exercises

 \* Modalities PRN.

WEEKS 6 - 12

 \* PROM/AAROM/light AROM to improve motion in all planes. (Start pulleys/wand)

 \* Deltoid, Scapular isometrics

 \* PRE’s for scapular muscles, latissimus, biceps, triceps. (Limit cuff activation)

 \* Joint mobilization (posterior glides).

 \* Emphasize latissimus, & scapular muscle strengthen, stress eccentrics.

 \* Keep all strength exercises below the horizontal plane in this phase.(No cuff strengthen)

WEEKS 12 - 16

 \* Pt should have full ROM.

 \*Strengthening of rotator cuff can begin.

 \* PRE’s work rotators in isolation (use modified neutral).

 \* Restore scapulohumeral rhythm.

 \* Joint mobilization.

 \* Aggressive scapular stabilization and eccentric strengthening program.

 \* PRE’s for all upper quarter musculature (begin to integrate upper extremity

 patterns). Continue to emphasize eccentrics and glenohumeral stabilization. All PRE’s are below the horizontal plane for non-throwers.

 \* Begin isokinetics.

AT WEEK 16+

 \* Begin muscle endurance activities (UBE). Focus on endurance of cuff and scapular

 stabilizers.

 \* Advanced functional exercises / sports specific exercises.

\* Develop Home Program

*Protocol adapted from UC San Diego Department of Orthopaedic Surgery, Sports Medicine Division*