#### Taylor R. Dunphy, MD Newport Orthopedic Institute

Orthopaedic Surgery and Sports Medicine

PATIENT NAME

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**DIAGNOSIS: ( LEFT / RIGHT ) ARTHROSCOPIC ROTATOR CUFF REPAIR**

**DATE OF SURGERY­­­­­­­­­­­­­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**ARTHROSCOPIC SHOULDER SURGERY PHYSICAL THERAPY PRESCRIPTION**

**NO ACTIVE shoulder ROM against gravity until 6 weeks after surgery**

**1-2 WEEKS POST-OP:**

 \* Passive supine elevation using the opposite hand to 90. Passive ER to neutral.

 \* Modalities, cryocuff, prn

 \* Hand, wrist, elbow, PRE’s

**2-3 WEEKS POST-OP:**

 \* Start pendulums, passive supine elevation, passive ER

 \* Pulley exercises for flexion, as tolerated. Use cane for ER; towel to increase IR.

 \* Begin scapular strengthening program, in protective range

 \* Deltoid isometrics

**3-5 WEEKS POST-OP:**

 \* Joint mobilization & PROM as necessary (passive supine elevation, passive ER)

 \* Deltoid isometrics

 \* Modalities as needed

 \* Begin submaximal IR / ER isometric exercises in neutral, arm at side (week 5)

 \* Continue scapular strengthening

**5-7 WEEKS POST-OP:**

 \* ROM activities, emphasize flexion. Gentle passive stretch to 120° forward flexion

 \* Deltoid isotonics in plane of scapula, only after positive rotator cuff strength is

 determined (especially forward flexion)

 \* Continue with scapular PRE’s. Begin biceps PRE’s.

 \* Continue with modalities, prn.

**7-11 WEEKS POST-OP:**

 \* Progress Rotator cuff isotonics

 \* Restore full ROM by 12 weeks

 \* Continue with aggressive scapular exercises

 \* Upper extremity PRE’s for large muscle groups, i.e. pects, lats, etc. at 12 weeks.

 \* Begin isokinetic program, IR / ER emphasize eccentrics

 \* Continue with flexibility activities

**11-16 WEEKS POST-OP:**

 \* Aggressive upper extremity PRE’s

 \* IR / ER isokinetics, velocity spectrum

 \* Begin plyometric program for overhead athletes

 \* Continue with throwing and racquet program if appropriate

 \* Posterior capsule stretching after warm-ups

 \* Progress PRE’s from side for overhead athletes

**Physician’s Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Taylor R. Dunphy, MD, Orthopaedic Surgeon, Newport Orthopedic Institute**