#### Taylor R. Dunphy, MD [Newport Orthopedic Institute](https://www.newportortho.com/)

Orthopaedic Surgery and Sports Medicine

PATIENT NAME

Newport Orthopedic Institute

949.722.7038 OFFICE

949.722.5038 FAX

CA License: A129372

**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**