



Ammar Anbari, MD
Shoulder, Hip and Knee Arthroscopy
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ROTATOR CUFF REPAIR PRESCRIPTION (includes subscapularis repair)

Name _____

Date _____

Diagnosis _____

Date of Surgery _____

Frequency: 1 2 3 4 times/week Duration: 1 2 3 4 5 6 Weeks

_____ Weeks 1-8:

- True PROM only! The rotator cuff tendon needs to heal back into the bone
- **** LIMIT ER TO 30 degrees ONLY FOR 4 WEEKS FOR SUBSCAPULARIS**
- ROM goals: 140° FF/30° ER at side; ABD max 60° without rotation
- No resisted motions of shoulder until 12 weeks post-op
- Grip strengthening
- No canes/pulleys until 6 weeks post-op, because these are active-assist exercises
- Heat before PT, ice after PT

_____ Weeks 8-12:

- Begin AAROM → AROM as tolerated
- Goals: Same as above, but can increase as tolerated
- Light passive stretching at end ranges
- No strengthening/resisted motions yet, except grip strengthening
- Isometrics with arm at side beginning at 8 weeks

_____ Months 3-12:

- Advance to full ROM as tolerated with passive stretching at end ranges
- Advance strengthening as tolerated: isometrics → bands → light weights (1-5 lbs); 8-12 reps/2-3 sets per rotator cuff, deltoid, and scapular stabilizers
- Only do strengthening 3x/week to avoid rotator cuff tendonitis
- Begin eccentrically resisted motions, plyometrics (ex. Weighted ball toss), proprioception (es. body blade)
- Begin sports related rehab at 4 ½ months, including advanced conditioning
- Return to throwing at 6 months
- Throw from pitcher's mound at 9 months
- Collision sports at 9 months
- MMI is usually at 12 months post-op

Modalities

Electric Stimulation

Ultrasound

Signature: _____

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