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**Patient Name:**

**Date:**

**Diagnosis:** s/p LEFT or RIGHT Shoulder Arthroscopic Rotator Cuff Repair

**ROTATOR CUFF PHYSICAL THERAPY PRESCRIPTION**

**2-4 WEEKS POST-OP:**

- Passive range of motion of the shoulder:
  - Pendulum exercises
  - Passive Supine Elevation in Scapular plane using the opposite hand
  - Passive ER to 40°
- Can begin Active-Assisted ROM in pool (water depth up to shoulder to remove gravity)
- Modalities, Cryocuff / Ice, as Needed
- Hand, Wrist, Elbow, Active ROM
- Side-lying Scapular stabilization exercises
- Sub-maximal Deltoid isometrics

**4-6 WEEKS POST-OP:**

- Continue Pendulums, passive supine elevation, passive ER
- Active-Assisted ROM:
  - Scapular plane elevation to 160°
  - Pulleys as motion improves
- Use cane for ER to 60°
- Begin Internal Rotation as tolerated.
- Begin Scapular strengthening program, in protective range
- Physioball Scapular stabilization (below horizontal)
- Isometric exercises:
  - Deltoid isometrics
  - Submaximal ER/IR isometrics at neutral
- Isotonic exercises for Scapular stabilizers, Elbow
- Modalities as needed

