



**Xinning Li, M.D.**



**Assistant Professor  
Sports Medicine and Shoulder Surgery  
Boston University School of Medicine – Boston Medical Center  
Boston University Athletics – Team Physician  
725 Albany Street – 4<sup>th</sup> Floor  
Boston, MA 02118  
(617) 638-5633 (Telephone – Shapiro Office)  
(617) 638-3400 (Telephone – Ryan Center)  
(617) 414-5226 (Fax)  
[www.xinningli.com](http://www.xinningli.com)**

**Patient Name:**

**Date:**

**Diagnosis:** Left or Right Shoulder Arthroscopic Rotator Cuff Repair

**ROTATOR CUFF REPAIR - PHYSICAL THERAPY PRESCRIPTION**  
**(GRADUAL REHABILITATION PROGRAM – LARGE TEAR REPAIR)**

**0-4 WEEKS POST-OP:**

- Wear your sling and abduction pillow at all times. (Sleep on a sofa recliner for the first 4-6 weeks after surgery)
- No Pendulums and No Shoulder ROM
- Elbow, Wrist and Hand ROM - both passive and active daily
- Modalities, Cryocuff / Ice, as Needed
- Do not take any anti-inflammatory medication as this may prevent tendon to bone healing.
- If you are having any fevers or chills or drainage from your incisions, please call our office ASAP.
- Please refer to the post operative sheet for further instructions.

**4-8 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

**8-12 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

**12-16 WEEKS POST-OP:**

- \_\_\_ Begin Theraband IR / ER week 6
- \_\_\_ Use towel to increase IR
- \_\_\_ ROM activities, emphasize flexion. Gentle passive stretch.
- \_\_\_ Deltoid isometrics at 30° elevation
- \_\_\_ Deltoid isotonics in plane of Scapula, only after positive Rotator Cuff strength is determined (especially forward flexion)
- \_\_\_ Continue with Scapular PRE's.
- \_\_\_ Biceps PREs
- \_\_\_ Upper body Ergometer
- \_\_\_ Continue with modalities, prn.
- \_\_\_ Restore full ROM by 12 weeks

**16-20 WEEKS POST-OP:**

- \_\_\_ Progress Rotator cuff isotonics
- \_\_\_ Continue with aggressive Scapular exercises
- \_\_\_ Upper extremity PRE's for large muscle groups, i.e. Pects, Lats, etc.
- \_\_\_ Begin isokinetic program, IR / ER emphasize eccentrics
- \_\_\_ Continue with flexibility activities
- \_\_\_ Begin plyometric program for overhead athletes at 14 weeks
- \_\_\_ Continue with throwing and racquet program if appropriate
- \_\_\_ Sports specific strengthening
- \_\_\_ Posterior capsule stretching after warm-ups
- \_\_\_ Progress PRE's from side for overhead athletes
- \_\_\_ Return to sports or overhead jobs at approximately 20 weeks depending on progress

**ADDITIONAL INFORMATION / INSTRUCTIONS:**

**\*Please send progress note to the office \***

**Treatment:** \_\_\_\_\_ **times per week** \_\_\_\_\_ **Home Program**  
**Duration:** \_\_\_\_\_ **weeks**

**Physician's Signature:** \_\_\_\_\_  
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