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**Shoulder Rotator Cuff Repair
 Physical Therapy Protocol**

	Sling Immobilizer	Range of Motion	Exercises	Goals
0-4 weeks	At all times	wrist motion only no shoulder movement	No lifting/pulling/pushing	Decreased pain and swelling
4- 6 weeks <i>*Start Physical Therapy at 4 weeks</i>	At all times except in PT	1-Pendulums 2- passive ROM only FF to 100, ER to 20 3-No manipulation	1-Scapular stabilization 2-No resistance training or strengthening 3- no lifting/pushing/pulling	1- passive FF to 100 2- passive ER to 20 3- decreased pain and swelling
6-12 weeks	Remove sling at 6 weeks No sling	1-advance passive ROM to active ast ROM to full active ROM 2- No manipulation	1- no lifting/pushing/pulling greater than 3 lbs 2- ok to use arm for eating, grooming	1- Full ROM with normal <u>scapular-humeral rhythm</u>
12 -16 weeks	No sling	Full ROM	1- Begin RTC band strengthening program 2- no weights 3- no lifting/pushing/pulling greater than 3 lbs	
16 weeks +	No sling	Full ROM	1-Advance resistance strengthening 2-Begin Isokinetics 3-Emphasize eccentric strengthening	1- full strength

Patients will typically follow up post-operatively in clinic with Dr. Bollier at 2,4, 10, and 24 weeks.

Specific Recommendations /Restrictions /Goals:
