

Name: _____ Date of Birth: _____

Diagnosis: _____ Rotator Cuff Tear _____ Code: _____ M75.100 _____

Procedure: _____ Rotator Cuff Repair (Massive) _____ Surgery Date: _____

In order for University of Utah Health Care to complete this referral, please fax the patient's first consult notes to the University of Utah Orthopaedic Center at 801-581-4404. Thank you.

Timing of each phase varies based on individual patient factors, length of time immobilized, strength/ROM status, and expected performance/activity demands.

Phase I: Protected ROM (0 to 8 weeks)

- May remove dressing and shower post-operative day #3
- Sutures will be removed within 2 weeks at your first office visit
- Ice or cold flow systems encouraged for the first week at a minimum 3-4 times a day
- Sling should be worn at all times other than showering and doing exercises
- Hold pendulum exercises until 4 weeks after surgery
- Start active scapular mobility exercises at 6 weeks. Keep the shoulder muscle relaxed
- Avoid all active and active assisted exercises including pulleys until cleared by surgeon.
- Do not lift anything with the surgical arm
- Exercise program 3 times per day:
 - Immediate elbow, forearm, and hand range of motion out of sling
 - Passive scapular plane elevation to 120 degrees (start at 6 weeks)
 - Passive external rotation of the shoulder as tolerated (start at 6 weeks)

Phase II: Progressive ROM (8 weeks to 12 weeks)

- Discontinue sling
- Lifting restriction of 5 lbs
- Start passive and active-assisted ROM as tolerated
 - Start using pulleys, wand, and supine gravity assisted exercises as tolerated
 - Emphasize all motions including IR behind the back at 10-12 weeks
- Isolate and strengthen scapular stabilizers (shrugs, etc.)
- Progress PROM and terminal capsular stretching of the shoulder as needed
- Avoid resisted training or strengthening. Avoid AROM in positions of subacromial impingement

Phase III: Strengthening (>12 weeks)

- No lifting restrictions
- Start progressive rotator cuff and shoulder strengthening at 3 months (initiate with isometrics)
- Initiate isotonic strengthening at 4 months
 - Therabands, dumbbells, Hughston's exercises, etc
 - Include home cuff strengthening program
 - Continue to emphasize scapular stabilizers
- Equate active and passive range of motion. Encourage scapulohumeral mechanics during active shoulder motion
- Simulate work/ recreations activities as rotator cuff strength and endurance improve
- Return to sport/heavy lifting work after strength returns to normal (minimum 5 months)

Modalities per Therapist

Freq: 1-3x/week

Duration: 8-12 weeks

Signature _____