

# PHYSICAL THERAPY PRESCRIPTION

**Jeffrey Wong, MD**

SCOS Orthopedic Specialists  
18785 Brookhurst Street, Ste 100  
Fountain Valley, CA 92708  
(714) 500-5056 Phone  
(949) 900-2116 Fax

**DATE:** \_\_\_\_\_

**PATIENT NAME:** \_\_\_\_\_

**D.O.B:** \_\_\_\_\_ **MRN:** \_\_\_\_\_

DIAGNOSIS: SHOULDER ROTATOR CUFF TEAR

Right  Left  Bilateral

SURGERY: \_\_\_\_\_

DATE OF SURGERY: \_\_\_\_\_

## GENERAL INSTRUCTIONS

Duration of immobilization and speed of rehab will depend on tear size and tissue quality at the time of repair. In general, for small and medium tears, motion may begin in the supine position at 2-4 weeks and strengthening will begin at 12 weeks. For large and massive tears, motion generally begins at 6 weeks and strengthening at 16 weeks.

Patients who underwent biceps tenodesis should avoid active elbow flexion and passive elbow extension for 6 weeks. Passive elbow flexion and active extension are allowed.

## PHASE I (0-6 WEEKS) – IMMOBILIZATION

\_\_\_\_ Begin pendulums at \_\_\_\_ weeks

\_\_\_\_ Begin gentle PROM in the supine position at \_\_\_\_ weeks

## PHASE 2 (6-12 WEEKS) – MOTION

Wean sling during weeks 6-7

Cryotherapy as needed

No lifting, no strengthening

May resume general conditioning program (walking, stationary bike) when out of sling

Begin pendulums and passive *supine* gentle ROM to pain tolerance

- Flexion to 90 degrees, ER in scapular plane to at least 35 degrees, IR to body/chest
- No shoulder motion behind back, no excessive stretching or sudden movements
- Abduction permitted at 10 weeks

At 9 weeks, advance to supine AAROM -> seated AAROM

Criteria for progression to Phase 3:

Passive forward flexion to at least 125 degrees

Passive external rotation (ER) in scapular plane to at least 75 degrees

Passive Abduction to at least 90 degrees in the scapular plane

# PHYSICAL THERAPY PRESCRIPTION

## PHASE 3 (12-18 WEEKS) – STRENGTHENING (defer until 16 weeks for large / massive tears)

Continue seated PROM / AAROM -> advance to full AROM, with goal of full symmetric motion

Begin rotator cuff and scapular strengthening program

Bands first

Progress to light weights < 5 lbs

No supporting body weight by hands and arms, no jerking movements

No upper extremity bike or elliptical

Criteria for progression to phase 4:

Able to tolerate the progression to low-level functional activities

Demonstrates return of strength/dynamic shoulder stability

Re-establish dynamic shoulder stability

Adequate strength and dynamic stability for progression to higher demand activity

## PHASE 4 (WEEKS 18 AND BEYOND)

Continue stretching and ROM as needed

Dynamic stabilization and strengthening activity, proprioception, neuromuscular

Initiate light functional activities

Full return to sport ~ 24 weeks for small to medium tears / 36 wks for large to massive tears


Treatment:  Eval and Treat or  1  2  3 times per week

Duration:  4  6 weeks

Home Program

\*\*Please send progress notes.

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

  
NPI #: 1164790507