

## Physical Therapy Prescription Rotator Cuff Tear

Patient Name:

Today's Date:

Surgery Date:

Dx: ( LEFT / RIGHT) Rotator Cuff Tear

### 1-2 WEEKS:

- Theraband IR / ER
- Use towel to increase IR
- ROM activities, emphasize flexion. Gentle passive stretch.
- Deltoid isometrics at 30° elevation
- Deltoid isotonic in plane of Scapula, only after positive Rotator Cuff strength is determined (especially forward flexion)
- Scapular PRE's.
- Biceps PREs
- Upper body Ergometer
- Modalities, pm.
- Restore full ROM

### 2-6 WEEKS:

- Progress Rotator cuff isotonic
- 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
- 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

**Frequency & Duration:** (circle one) 1-2 2-3 x/week for \_\_\_\_\_ weeks Home Program

\*\*Please send progress notes.

**Physician's Signature:** \_\_\_\_\_ **M.D.**