



Bernard R. Bach, Jr., M.D.  
Charles Bush-Joseph, M.D.  
Midwest Orthopaedics at Rush Sports Medicine  
1725 W. Harrison, Suite 1063  
Chicago, IL 60612  
312-432-2300

### **Physical Therapy Prescription**

Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_

Diagnosis: Right/Left Shoulder Rotator Cuff Repair  
Date of Surgery: \_\_\_\_\_

- Evaluate and Treat                       Provide patient with home exercise program
  
- Weeks 1-6
  - ◆ Discontinue sling at three weeks postop
  - ◆ Passive and supine Active Assisted ROM only, at 4 weeks begin supine AROM (Goal –140 degrees FF/40 degrees ER at side/70 degrees abduction without rotation)
  - ◆ No resisted motions
  - ◆ Grip strengthening
  
- Weeks 6-12
  - ◆ Progress AAROM to AROM as tolerated (Goal-increase ROM as tolerated)
  - ◆ Passive stretching at end ranges (light only)
  - ◆ Begin isometrics with arm at side at week 8
  - ◆ No strengthening/resisted motions, may begin basic core strengthening
  
- Weeks 12-52
  - ◆ Advance strengthening as tolerated, begin light weights up to 5 pounds
  - ◆ Gently passive stretching to continue daily to gain full ROM
  - ◆ Begin eccentrically resisted motion, plyometrics, proprioception (body blade), closed chain exercises, scapular stabilization exercises.
  - ◆ Advance conditioning and sport/job specific rehab at 4.5 months
  - ◆ Return to throwing at 6 months, from pitcher's mound at 9 months
  
- Other:
  - Modalities
    - Electric Stimulation  Ultrasound  Heat before/after  Ice before/after exercise  TENS
    - Iontophoresis
  - Functional Capacity Exam
  - Work Hardening/Conditioning

Frequency: \_\_\_\_\_ x/week x \_\_\_\_\_ weeks

Signature: \_\_\_\_\_

- Please fax a copy of patient report to 312-942-1517 at least 3 days prior to patient appointment.