



# G&T ORTHOPAEDICS AND SPORTS MEDICINE

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

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

\_\_\_ CHRISTOS S. GIANNOULIAS, M.D.

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## ARTHROSCOPIC ROTATOR CUFF PROTOCOL

### PHYSICAL THERAPY:

**WEEK 1:** TAKE ARM OUT OF SLING OR CRYOCUFF AND MOVE BELOW ELBOW, WRIST AND HAND AT LEAST 4 TIMES A DAY.

- \* KEEP UPPER ARM AND SHOULDER AT YOUR SIDE TO PROTECT REPAIR. DANGLING THE ARM OR PENDULUM EXCERSICES ARE ALLOWED. THE SHOULDER BRACE IS WORN FULL TIME FOR 4-6 WEEKS,EXCEPT WHEN DOING THERAPY.

### WEEK 2-4: START PHYSICAL THERAPY

- \* MODALITIES TO DECREASE PAIN AND SWELLING. PROM FF 0-120, ABD 0-90, EXTERNAL ROTATION TO 45. ACTIVE ELBOW, WRIST, HAND EXERCISES. NO ACTIVE ABDUCTION.

### WEEK 5-8: ACTIVE ASSISTED ROM BEGINS AND PROGRESSES TO FULL ROM.

- \* WEEK 6 ADVANCE TO ACTIVE MOTION AS TOLERATED. ALSO START CLOSED CHAIN EXERCISES FOR SCAPULA STABILIZATION. DISCONTINUE BRACE.

### WEEK 8-12: START STRENGTHENING PROGRAM WITH THERABAND

- \* WORK ON ROTATION TO STRENGTHEN SUBSCAPULARIS AND INFRASPINATUS.

### WEEK 12: SPORT SPECIFIC TRAINING OR WORK HARDENING AS NEEDED.

FREQUENCY: \_\_\_\_\_ DURATION: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_, M.D.