

Randy Clark, MD
 Coral Desert Orthopedics
 1490 E. Foremaster Dr., Ste. 150
 St. George, UT 84790
 435-628-9393 phone
 435-628-9382 fax

Dr. Randy Clark
 Shoulder Rotator Cuff Repair
 Physical Therapy Protocol

	Sling Immobilizer	Range of Motion	Exercises	Goals
0-4 weeks	At all times	wrist motion only no shoulder movement	No lifting/pulling/pushing	Decreased pain and swelling
4-6 weeks <i>*Start Physical Therapy at 4 weeks</i>	At all times except in PT	1-Pendulums 2- passive ROM only FF to 100, ER to 20 3-No manipulation	1-Scapular stabilization 2-No resistance training or strengthening 3-no lifting/pushing/pulling	1- passive FF to 100 2- passive ER to 20 3- decreased pain and swelling
6-12 weeks	Remove sling at 6 weeks No sling	1-advance passive ROM to active ast ROM to full active ROM 2- No manipulation	1- no lifting/pushing/pulling greater than 3 lbs 2- ok to use arm for eating, grooming	1- Full ROM with normal scapular-humeral rhythm
12-16 weeks	No sling	Full ROM	1- Begin RTC band strengthening program 2- no weights 3- no lifting/pushing/pulling greater than 3 lbs	
16 weeks +	No sling	Full ROM	1-Advance resistance strengthening 2-Begin Isokinetics 3-Emphasize eccentric strengthening	1- full strength

Patients will typically follow up post-operatively in clinic with Dr. Bollier at 2,4, 10, and 24 weeks.

Specific Recommendations /Restrictions /Goals:
