

Dr. Mark McCarthy

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Patient \_\_\_\_\_  
 D.O.S. \_\_\_\_\_

### Arthroscopic Rotator Cuff Repair

	0-2 WEEKS Begins on DOS	2-4 WEEKS	4-12 WEEKS	12-16 WEEKS	WEEK 16+	
<b>FLEXION</b>	NONE	PROM to 90	Begin AAROM and AROM, progress as tolerated			
<b>ABDUCTION</b>	NONE	PROM to 45	Begin AAROM and AROM, progress as tolerated			
<b>EXTENSION</b>	NONE	PROM to 20	Begin AAROM and AROM, progress as tolerated			
<b>ER</b>	NONE	PROM to 45	Begin AAROM and AROM, progress as tolerated			
<b>IR</b>	NONE	PROM	Begin AAROM and AROM, progress as tolerated			
<b>IMMOB/SLING</b>	All times 0-2 weeks	Worn daytime only	Wean			
<b>P.T. visits/week</b>	0	2-3	2-3	1-3	1-3	
<b>EXERCISES</b>	AROM (cervical, elbow, wrist, hand) <b>*no active elbow flexion for 6 weeks with biceps tenodesis*</b>					
	Passive Pendulums	Posterior capsule joint mobilizations				
<b>Any questions, please contact :</b>  <b>Northwoods Therapy Associates</b>  <b>Altoona, WI (715) 839-9266</b>  <b>Chippewa Falls, WI (715) 723-5060</b>	<ul style="list-style-type: none"> <li>PT visits/week may vary</li> <li>Individual exercise progression may vary</li> <li><b>Return to sport/work by MD only.</b></li> </ul>	Scapular retraction/Depression	Begin resistive exercises for scapular stabilizers			
		Closed Chain Scapula	Deltoid/rotator cuff isometrics @ 8 weeks, progress to deltoid/cuff resistive exercises			
			UBE			
			<ul style="list-style-type: none"> <li><b>If distal clavicle excision, no horizontal adduction for 8 weeks</b></li> </ul>	Emphasize ER and latissimus eccentrics, glenohumoral stabilization.		
				Begin muscle endurance activities		
				Cycling/Running @ 12 weeks		
		Aggressive scapular stabilization and eccentric strengthening				
		Begin plyometrics				