



Charles M. Creasman, M.D.  
 Craig R. Metzger, M.D.  
 Steven R. Kassman, M.D., F.A.C.S.  
 Michael R. Hayman, M.D.  
 David G. Van De Wyngaerde, M.D.  
 C. Sabin Cranford, M.D.  
 Sanford M. Chesler, D.P.M.  
 Lillian Berry, P.A.-C.  
 Daria Pacheco, N.P., RNFA

Practice Limited to:  
 Orthopedic Surgery  
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444 West Osborn Road  
 Suite 200  
 Phoenix, Arizona 85013

20325 North 51st Avenue  
 Bldg. 4 Suite 124  
 Phoenix, AZ 85308

Office (602) 230-1400  
 Fax (602) 230-7676  
[www.arizonaorthopedic.com](http://www.arizonaorthopedic.com)

## ROTATOR CUFF PROTOCOL

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

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

**POST OP:** USE CRYOCUFF AS MUCH AS POSSIBLE FOR FIRST 2 DAYS, THEN AS NEEDED

- CHANGE DRESSING TO LIGHT GAUZE DAILY FOR FIRST 4 DAYS, THEN LEAVE OPEN TO AIR
- YOU MAY SHOWER ON POST OP DAY 3. KEEP WOUND DRY WITH PLASTIC OVER DRESSING
- SLEEPING IN A PROPPED OR PARTIALLY SITTING POSITION IS MORE COMFORTABLE
- FIRST POST OP VISIT IS 7-10 DAYS FOR SUTURE REMOVAL
- CALL FOR TEMP >102 DEGREES, EXCESSIVE SWELLING, PAIN OR REDDNESS AROUND WOUND

### PHYSICAL THERAPY

**WEEK 1:** TAKE ARM OUT OF SLING AND MOVE BELOW ELBOW, WRIST, AND HAND ATLEAST 4 TIMES A DAY. KEEP THE UPPER ARM AND SHOULDER AT YOUR SIDE TO PROTECT THE REPAIR. DANGLING THE ARM OR PENDULUMS ARE ALLOWED. SHOULDER BRACE WORN FULL TIME EXCEPT FOR THERAPY FOR 4-6 WEEKS.

**WEEK 2-4:** START PHYSICAL THERAPY. MODALITIES TO DECREASE PAIN/SWELLING PASSIVE ROM FF TO 120 DEGREES, ABD TO DEGREES, ROTATION TO 45 DEGREES. NO ACTIVE ABDUCTION. ACTIVE ROM WRIST, ELBOW, HAND.

**WEEK 5-8:** ACTIVE ASSISTED ROM BEGINS AND PROGRESSES TO REGAIN FULL RANGE OF MOTION. WEEK 6 ADVANCE ACTIVE MOTION AS TOLERATED. ALSO START CLOSED CHAIN EXERCISES FOR SCAPULAR STABILIZATION. DISCONTINUE BRACE

**WEEK 8-12:** START STRENGTHENING PROGRAM WITH THERABAND, ESPECIALLY ROTATION TO STRENGTHEN SUBSCAPULARIS AND INFRASPINATUS.

**WEEK 10:** ADVANCE TO PULLEYS AND LIGHT WEIGHTS.

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

**Frequency:** \_\_\_\_\_ **Duration:** \_\_\_\_\_

**Signature:** \_\_\_\_\_, MD

**Comments:** \_\_\_\_\_