

Official Health Care Partner



UAB MEDICINE

ORTHOPAEDIC SURGERY

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PATIENT NAME:

PROCEDURE:

DATE OF SURGERY:

PHYSICAL THERAPY ORDER – Rotator Cuff Repair

Sling for 4 weeks then wean out.

PHASE I

Weeks 0-4

WB status: NWB upper extremity

Motion: Focus on elbow/wrist/hand motion

Begin active scapular retraction/protraction exercises with therapist cueing

Use modalities to decrease pain and inflammation

PHASE II

Weeks 4-6

WB status: NWB upper extremity

Motion: Begin active assisted forward elevation to 90 degrees and ER to 30 degrees; PROM as tolerated; IR in scapular plane and progress as tolerated

Start recumbent bike

PHASE III

Weeks 6-12

WB status: up to 5 lbs

Motion: full active assisted ROM, begin active range of motion and progress as tolerated; PROM as tolerated

PHASE IV

Weeks 12-16

WB status: WBAT

Motion: Allow full passive, active-assisted, and active ROM

Strength: Initiate resistive exercises for scapular stabilizers, biceps, triceps, and rotator cuff; okay to jog and stationary upright bike

PHASE V

4-8 months

WB status: full

Motion: full

Exercises: Advance Phase IV exercises and add plyometric exercises and endurance activities