

Post-op PATIENT Instructions: ROTATOR CUFF REPAIR

Dressing: A dressing has been applied to your shoulder to absorb any fluid/blood. A small amount of blood on the dressing is to be expected. Begin dressing changes 24-48 hours following surgery. Remove the OR dressing, apply sterile gauze to the surgical site and re-tape. A small amount of soap/water or alcohol cleansing adjacent to the incisions is permitted with the first dressing change. Unless directed by your surgeon, **no salves, balms, or ointments to the incisions.** Band-Aids over the small incisions are recommended until they are completely sealed. Soreness and bruising is expected for several days afterward. **Showering is permitted 72 hours following surgery. Soaking the incisions should be avoided. No swimming pools/bathtubs/hot-tubs/beach water for 4 weeks or until cleared by your surgeon.**

Ice: Ice is a powerful anti-inflammatory. Cold compression (“ice machines”) are important to reducing pain and swelling. Use liberally (20-30 min./session) but protect the skin from direct contact (and frostbite).

Activity: Wear the immobilizer/sling. Remove the sling at least 3 times per day for hand, wrist, and elbow range of motion which decreases swelling. Sleeping in a recliner with pillows behind the elbow may provide additional comfort. **No driving until permission is given by your surgeon.**

Pain: A nerve block has been performed for immediate post-op pain control by the anesthesiologist. It typically “wears off” at about 8-12 hrs following surgery. **Begin taking pain medications as soon as you BEGIN to experience pain!** These meds can take 45-60 minutes to start “working”. You do not want to play “catch-up” by letting your pain get out of control. Nausea, drowsiness, and constipation are common side effects of narcotics. **Adequate fluid intake and a stool softener obtained over the counter from your local pharmacy is important to minimize constipation.** Call the office if you are unable to tolerate your medication.

NARCOTIC MEDICATIONS ALONE WILL NOT PROVIDE COMPLETE PAIN RELIEF. COLD COMPRESSION (ICE MACHINES), TENS USE, AND REGULAR TYLENOL AND ANTI-INFLAMMATORIES (ALEVE/IBUPROFEN, IF MEDICALLY OK) ARE CRITICAL PARTS OF YOUR PAIN CONTROL PLAN. REQUEST FOR NARCOTIC REFILL WILL ONLY BE ACCEPTED DURING BUISNESS HOURS. PLEASE GIVE 24-48 HOURS FOR MEDICATION REFILL REQUESTS TO BE ADDRESSED

Precautions: Call the office (813)-754-1199 if you develop: temperatures >101°F, shortness of breath, chest pain, uncontrolled pain, marked redness/hives, persistent drainage, new onset numbness, significant incisional/calf swelling, or any other concerns. **Call 911 or report to the nearest emergency room with any concerns for medical emergencies**

PT/OT PRESCRIPTION: SMALL/MODERATE ROTATOR CUFF

(PATIENT NAME)

Diagnosis: s/p LEFT / RIGHT Arthroscopic:

Rotator cuff repair subacromial decompression biceps tenodesis/tenotomy distal clavicle excision

MD Orders for the Therapist:

- Physical Therapy/Occupational Therapy Prescription: 2-3 times per week x 6 weeks
- Follow this protocol without substitution. Contact my office with any questions.

Christopher T. Donaldson, MD

WEEK: 0-2

- SUPINE PROM (Limits: 140° FE, 40°ER); progressing to tolerance in Flexion and ER.
- Pendulum exercises.
- Elbow, wrist and hand ROM; aggressive upper extremity edema control.
- Postural instructions to promote active scapular retraction.
- Scapular clock exercises
- Shoulder mobilization - posteriorly
- Ice and pain modalities as indicated; upper extremity edema control

Goals for Progression to Next Phase

1. Decrease pain.
2. Improve tolerance of progressive PROM.

WEEK: 2-4

- Continue PROM progression
- Begin PROM in Abduction per patient tolerance

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- Shoulder Mobs – posterior and caudal
- Pectoralis minor flexibility
- Begin shoulder IR flexibility
- Begin isotonic scapular retraction /protraction; manual resistance scapular stabilization
- Begin wand exercises in a seated position
- Shoulder external rotation, flexion, abduction, extension
- Begin Sub-max isometrics
- Ice and pain modalities as indicated.

Goals for Progression to Next Phase

1. Full PROM supine.
2. Sleeping through the night.
3. Normal Posture

WEEK: 4-6

- Progress D/C of sling.
- AAROM per patient tolerance.
- UBE light resistance (90-100 RPM).
- Begin closed chain UE activities.
- Seated press-up
- Towel wipes- horizontal, diagonal and vertical
- Proprioception exercise.
- Ball on wall, UE swiss ball mobility –IR/ER.

Goals for Progression to Next Phase

1. Full AAROM avoiding scapular substitution.
2. Independent dressing ADL's.

WEEK: 6-8

- Begin progression of AROM per patient tolerance.
- Avoid Scapular Substitution
- Begin Prone exercise Program
- Row
- Shoulder Extension
- Horizontal Abduction – T exercise position

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- Lower Trap – Y exercise position
- Begin rhythmic stabilization exercises supine
- Light T-band exercises
- Shoulder IR/ER
- Horizontal Abduction / Adduction
- Diagonal Patterns
- UBE moderate resistance (75-85 RPM).

Goals for Progression to Next Phase

1. Full AROM with no scapular substitution.
2. Full ADL's without pain

WEEK: 8-10

- Progressive Dumbbell Program – emphasis on high reps/low weight
- Scaption
- Diagonal patterns
- Bent row
- Prone Retraction with ER
- Progress closed chain UE strengthening
- Push up with a plus
- Swiss ball activities
- Begin short toss and overhead endurance activities per physician release.

Goals for Progression to Next Phase

1. Full active ROM
2. No trapezius substitution
3. No reactive inflammation with strengthening

WEEK: 10- 16

- Progress T-band exercises
 - Begin Diagonal Patterns
- Begin Prone exercise program with weight
 - Row
 - Shoulder Extension
 - Horizontal Abduction – T exercise position
 - Lower Trap – Y exercise position
- Progress Dumbbell Program with weight
 - Scaption
 - Diagonal patterns

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- Bent row
- Prone Retraction with ER
- Functional eccentric strengthening
- Progress closed chain UE strengthening
 - Push up with a plus
 - Swiss ball activities
- Trunk and lower-extremity strengthening

Goals for progression to Next Phase

1. Full AROM with no scapular substitution between weeks 10-12
2. 5/5 rotator cuff strength
3. 65-70% IR/ER isokinetic testing

MONTHS: 4-6

- Continuation of functional UE/LE strengthening and endurance activity
- Stretching program with emphasis on posterior capsule
- Reinforce scapular stabilization and Home Program maintenance

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