

UCSF Physical Therapy Referral

UCSF Sports Medicine at the Orthopaedic Institute
Physical Therapy Prescription-Rotator Cuff Repair

Evaluate and Treat per therapist plan 1-2 times/week for 6-8 weeks. Please contact the office for renewal as needed.

EARLY POST OP (0-2 WEEKS):

GOALS:

Pain and swelling control
Begin passive motion program

EXERCISES/RESTRICTIONS

Rest, ice to affected shoulder
Continue sling at all times except for bathing
Passive forward flexion to 120
Passive external rotation to 30
Scapula isokinetics
Pendulum exercises
No active elevation of arm
No lifting of objects with arm

PHASE I (2-6 weeks)

GOALS:

Healing of repair
Restoration of passive ROM

EXERCISES/RESTRICTIONS:

Sling at all times except bathing
Wear sling to sleep
Passive forward flexion to 120
Passive external rotation to 30
Scapula isokinetics
Pendulum exercises
No active elevation of arm
No lifting of objects with arm

PHASE II (6-12 WEEKS):

GOALS:

Full ROM

EXERCISES/RESTRICTIONS:

Discontinue sling
Modalities for pain control
Passive/Active ROM
Biceps/Triceps strengthening
Scapular stabilization program
Initiate Rotator cuff strengthening program when FF > 90 and abduction >90
Pulleys OK

UCSF Orthopaedic Institute

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Pool therapy for ROM
Teach home program

PHASE III (12-18 WEEKS):

GOALS:
Full ROM

Strength to 90% compared to other side

EXERCISES/RESTRICTIONS:

Begin cuff strengthening program
Continue with aggressive PT
Modalities for pain control
Passive/Active ROM, pulleys
Scapular stabilization program
Rotator cuff program with weights
Teach home program

PHASE IV (>18 weeks)

GOALS: Return to sport

EXERCISES/RESTRICTIONS:

Advance to sport specific activities

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