ROTATOR CUFF REPAIR
DR. MICHAEL WIESER
POST-OP REHABILITATION PROTOCOL

DATE OF SURGERY ____________________________

POST-OP DAY 2 - 14
  Initiate Outpatient Physical Therapy / Occupational Therapy
  Pendulum Exercises
  PROM Shoulder (flexion, abduction, internal rotation, external rotation)
  AAROM - AROM Elbow, Forearm, Wrist
  Modalities as Needed.

POST-OP DAYS 15 - 28
  PROM Shoulder (flexion, abduction, internal rotation, external rotation)
  AROM Scapular Retraction and Elevation
  Distal PRE Exercises
  Modalities as Needed

POST-OP DAYS 29 - 42
  AROM Shoulder (small tears) WILL CLARIFY ON PRESCRIPTION
  Isometrics Shoulder
  Distal PRE Exercises
  Modalities as Needed

POST OP DAY 43
  AROM Shoulder (large tears) WILL CLARIFY ON PRESCRIPTION
  Begin Light Resisted Exercises (small tears)

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Physician Signature                           Date