

Name \_\_\_\_\_

Date \_\_\_\_\_

Physician \_\_\_\_\_



proaxistherapy™

**Patient  
Flow Sheet**

## Rotator Cuff Repair (> 3cm)

Ultra sling for weeks 0-4

Regular sling for weeks 4-8

### **Phase 0 – (QUIET)**

Week 0 – 4

Quiet in sling with elbow/wrist/hand

Begin active scapular retraction/protraction exercises with therapist cueing

### **Phase 1 –(PASSIVE)**

Week 5 –8

Pendulums to warm-up beginning week 5

Supine External Rotation –0°-30° beginning at 5 weeks with progression to full PROM by 8 weeks

Supine Forward Elevation –0°-90° beginning at 5 weeks with progression to full PROM by 8 weeks

*\* progress to upright as tolerated with ER and FE*

### **Phase 2 –(ACTIVE)**

Week 9-12

Pendulums to warm-up.

Active Range of Motion with terminal stretch

Supine External Rotation – after 8 weeks progress GRADUALLY to full

Supine Forward Elevation – after 8 weeks; progress GRADUALLY to full

Begin active biceps

Internal Rotation-Full (begin behind the back)

Begin AROM in supine and progress to upright

### **Phase 3 –(RESISTED)**

Week 13

Pendulums to warm up and continue with phase 2.

External and Internal Rotation

Standing forward punch

Seated rows

Shoulder shrugs and Biceps curls

### **Weight Training**

Week 16

Keep hands within eyesight, keep elbows bent, no long lever arms.

Minimize overhead activities (below shoulder)

(No Military press, pull-down behind head, or wide grip bench)

### **Initiation of Interval Sport Programs**

### **Surgeon Comments:**

Golf

5-6 months

Tennis

7-8 months

Ski

7-8 months

Therapist Name \_\_\_\_\_