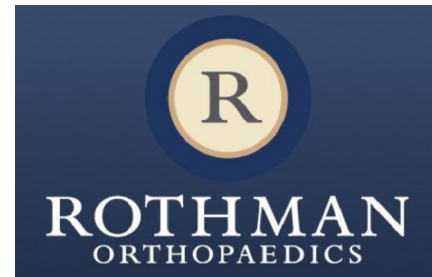


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**Massive Rotator Cuff Repair with Superior Capsular Reconstruction (SCR) Physical Therapy Protocol**

Name \_\_\_\_\_ Date \_\_\_\_\_

Diagnosis s/p RIGHT/LEFT RCR with SCR SAD/Acromioplasty Biceps Tenodesis Distal Clavicle Excision

Date of Surgery \_\_\_\_\_

Frequency: \_\_\_\_\_ times/week Duration: \_\_\_\_\_ Weeks

\_\_\_\_\_ Weeks 0-6:

Patient to do Home Exercises given post-op (pendulums, elbow ROM, wrist ROM, grip strengthening)  
Patient to remain in immobilizer for 6 weeks

\_\_\_\_\_ Weeks 6-8:

True PROM only! The rotator cuff tendon needs to heal back into the bone  
ROM goals: 140° FF/40° ER at side; ABD max 60-80° without rotation  
Grip strengthening  
No canes/pulleys until 8 weeks post-op, because these are active-assist exercises  
Heat before PT, ice after PT

\_\_\_\_\_ Weeks 8-12:

Begin AAROM→AROM as tolerated  
Goals: Same as above, but can increase as tolerated  
Light passive stretching at end ranges  
Begin scapular exercises, PRE's for large muscle groups (pecs, lats, etc)  
Isometrics with arm at side

\_\_\_\_\_ Months 3-12:

Advance to full ROM as tolerated with passive stretching at end ranges  
Advance strengthening as tolerated: isometrics→bands→light weights (1-5 lbs); 8-12 reps/2-3 sets per rotator cuff, deltoid, and scapular stabilizers  
Only do strengthening 3x/week to avoid rotator cuff tendonitis  
Begin eccentrically resisted motions, plyo (ex. Weighted ball toss), proprioception (es. body blade) begin at week 16  
MMI is usually at 12 months post-op

Comments:

\_\_\_\_ Functional Capacity Evaluation \_\_\_\_ Work Hardening/Work Conditioning \_\_\_\_ Teach HEP

Modalities

\_\_\_\_ Electric Stimulation \_\_\_\_ Ultrasound \_\_\_\_ Iontophoresis \_\_\_\_ Phonophoresis \_\_\_\_ Heat before \_\_\_\_ Ice after  
\_\_\_\_ Trigger points massage \_\_\_\_ TENS \_\_\_\_ Other \_\_\_\_ Therapist's discretion

Signature \_\_\_\_\_ Date \_\_\_\_\_