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## Physical Therapy Prescription-Arthroscopic Rotator Cuff Repair

MOON (Multicenter Orthopaedic Outcomes Network) Protocol

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

Diagnosis: R/L arthroscopic RCR DOS: \_\_\_\_\_

**Weeks 0-2**     **Protective Phase**. No PT for first 2 weeks.  
**Slings:** ER Sling to be worn at all times, remove for hygiene  
**Range of Motion:** ***NO shoulder ROM***. Elbow & grip as tolerated  
**Exercises:** Pendulums and grip strengthening. ***NO shoulder ROM***

**Weeks 2-4**     **Therapy Phase I**  
**Slings:** continue at all times, off for hygiene or exercise only  
**Range of Motion:** PROM only, including FF, ER, ABD in comfortable range.

- No AAROM, AROM

**Exercises:** add scapular exercise in sling  
**Modalities:** per therapist

**Weeks 4-8**     **Therapy Phase II**  
**Slings:** Discontinue at 6 weeks  
**Range of Motion:** Progress PROM to AAROM (comfortable range only)

- Week 4-5 Supine
- Week 5-6 Back propped 45
- Week 6+ Upright

**Exercises:** Continue to progress Phase I, but ***NO Strengthening yet***  
**Modalities:** per therapist

**Weeks 8-12**     **Therapy Phase III**  
**Range of Motion:** AROM in all planes, progress slowly as tolerated  
**Exercises:** Begin isometric strengthening of cuff, deltoid, and scapula

- ***No resistance until 12 weeks post-op***

**Modalities:** per therapist

**Weeks 12-16**     **Therapy Phase IV**  
**Range of Motion:** Goal of full, painless AROM  
**Exercises:** Begin gentle resistance exercises with bands or light hand weights

- Rotator cuff, deltoid, and scapular strengthening.
- Proprioception (body blade), plyometrics after 12 weeks

**Modalities:** per therapist

**Work conditioning may be considered in select cases, usually not before 20 weeks**