



HOWARD HEAD SPORTS MEDICINE

A service of Vail Health Hospital

Arthroscopic Rotator Cuff Repair

Name: DOB: DOS:
Dr. Matthew T. Provencher, MD, CAPT, MC, USNR DX:

Table with columns for Week (1-25) and rows for Phase I: Maximal Protection Passive Range of Motion (PROM), Phase II: Minimal Protection Active Range of Motion (AROM), and Activities of Daily Living (ADL's). Includes sub-sections like Timelines and Low Load Prolonged Stretches.

The intent of this protocol is to provide guidelines for progression of rehab. It is by no means intended to serve as a substitute for clinical decision making. Progression through each phase of rehab is based on clinical criteria and time frames as appropriate. It is important that each phase of rehab is mastered prior to initiating the next phase to insure proper healing of repaired tissues. © Copyright 2017 Dr. Matthew Provencher/Howard Head Sports Medicine

Table with columns for Week (1-25) and rows for Phase III: Initial Resistance Strengthening & Proprioception, Phase IV: Advanced Resistance Strengthening & Proprioception, and Phase IV: Return to Sports. Includes criteria for return to full activity and a list of sports like Skiing, Throwing Progression, etc.