



HOWARD HEAD SPORTS MEDICINE

A service of Vail Health Hospital

Arthroscopic Rotator Cuff Repair/Subscap Repair/BT

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

Rehabilitation protocol table for Phase I: Maximal Protection Passive Range of Motion (PROM). Includes exercises like Cervical ROM, Elbow/Hand/Wrist ROM, Ball Squeeze, Pendulums, Ankle Pumps, and Aquatherapy for AAROM. Includes a 'Precautions' section for No Resisted Elbow Flexion X 6 weeks.

Rehabilitation protocol table for Phase III: Initial Resistance Strengthening & Proprioception and Phase IV: Advanced Resistance Strengthening & Proprioception. Includes exercises like External/Internal Rotation, Double Arm External Rotation, Full Can, Rows, Bicep Curl, Triceps Extension, Lat Pulldown, Bear Hugs, and Plyometrics. Includes a 'Criteria for Return to Full Activity' section.