

## Physician Referral — Post-Op Rotator Cuff Repair

James Reid | MRN 552901 | Summit Ortho PT

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### Referring surgeon: Dr. Elena Morales, MD — Orthopedic Surgery

Patient: James Reid, 58M · S/p arthroscopic R rotator cuff repair (supraspinatus) · Surgery date: 05/28/2026

### Precautions (Phase I — weeks 0–6)

- Sling/immobilizer × 4 weeks; wean per surgeon at week 4–6.
- No active external rotation beyond 30° until cleared.
- No lifting > 5 lb with operative arm.
- No passive stretching into pain beyond surgeon ROM limits.

### PT orders

Evaluate and treat 2x/week × 6 weeks. Focus: ROM, scapular stability, pain control, ADL training.

