

PHYSICIAN REFERRAL

PATIENT'S NAME:

DIAGNOSIS:

PRECAUTIONS:

- _____ Evaluate and Treat
_____ Exercise Program (i.e. home, gym)
_____ Functional Conditioning
_____ Therapeutic Exercise
_____ Manual Therapy
_____ Modalities
_____ Other _____

COMMENTS:

Frequency: ____ x per week for ____ weeks

Signature: _____

(Physician signature)

Date: _____

SAME DAY APPOINTMENTS AVAILABLE

Referrals are accepted from any physician. A physician's order and diagnosis are required for evaluation and treatment. We accept most insurances including Medicare.

Bacci & Glinn Physical Therapy, Inc.

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For more information on this and other topics, visit our website at:
www.bandgpt.com

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ROTATOR CUFF REPAIR

BACCI & GLINN PHYSICAL THERAPY, INC.

"Therapy with a Difference"



Rotator Cuff Repair

The rotator cuff is a group of four muscles that surrounds the head of the humerus. The four muscles are the supraspinatus, infraspinatus, teres minor, and subscapularis. These muscles work together to lift and rotate the arm and stabilize the ball of the humerus in the joint.

Normal wear and tear, overuse of, or trauma to these muscles can cause tears. Surgical repair may be necessary if a complete tear causes severe shoulder weakness, if conservative methods of treatment have failed, if full shoulder strength is needed for your job or activities, and if you are in good enough physical condition to recover from surgery. Surgery will only fix the tear, not strengthen the muscles, so rehabilitation is key to the success of the procedure.

Treatment Options

Physical therapy may be used as conservative treatment prior to surgery or as part of a rehabilitation program after a rotator cuff repair. If surgical repair is performed, a period of immobilization can be expected (the length of which is dependent on the severity of the tear).

- ♦ Physical therapy may include all or some of the following:
 - Pain control modalities such as ice, heat, ultrasound, and electrical stimulation
 - Manual therapy including joint & soft tissue mobilization
 - Individualized exercise program which will include flexibility, strengthening, & endurance training

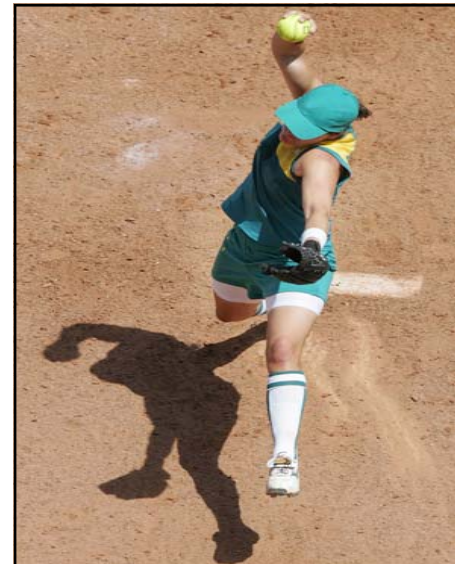
What to expect:

The exercise program will begin with passive movements and will progress to active and resistive exercises.

Other nonsurgical treatment options may include rest and limited overhead activity, using a sling, anti-inflammatory medication, or steroid injection.

References:

1. <http://headtotoe.apta.org>
2. www.bandgpt.com
3. www.aaos.org



At Bacci & Glinn Physical Therapy, we emphasize active patient involvement in both pain management and rehabilitation. Physical therapy is an essential component in the delivery of quality healthcare. The goal of physical therapy is to enhance and maximize our patients' health, function and quality of life.