

Timepoint	Doctor/PA visits	Pain Control (TENS = home transcutaneous electrical stimulation)	Therapy Visits	Work Limits (Injured Side)	Work Limits (Uninjured Side)
<b>Injury to Operation</b>	<b>2 visits:</b> Initial visit to start conservative care. Follow up for RTW or surgical scheduling.	Non-narcotic medicine; TENS unit; ice	<b>2 visits</b> plus daily home exercises to restore full motion	<b>No use of injured extremity</b>	<b>None</b>
<b>0-2 weeks postop</b>	<b>1 visit</b> Day after surgery.	NSAID, Narcotic tablets (first 2-3 weeks); TENS, ice, sling at all times	<b>2 visits</b> Day after surgery; 1x/week	<b>No RTW</b>	<b>Not clear for return.</b>
<b>2-6 weeks postop</b>	<b>1 visit</b> 2 wks postop	NSAID, TENS, ice, sling at all times	<b>None</b> Patient HEP only	<b>No RTW</b> <i>Executives may RTW in sling. No driving.</i>	<i>If RTW (execs only) No lift/carry greater than 5 lbs. No driving.</i>
<b>6 -12 weeks postop</b>	<b>1 visit</b> 6 wks postop	Tylenol OTC; TENS; Ice	<b>12 visits</b> 2x/week; daily home exercise	<b>Clear for light RTW.</b> No use of injured extremity above shoulder. Lift/Carry 1 lb. No commercial driving	Lift/Carry 5 lb limit No commercial driving.
<b>12-24 weeks postop</b>	<b>1 visit</b> 12 weeks postop	TENS; Ice	<b>6 visits</b> 1x/week; daily home exercise	<b>Partial Duty Limits Reduced</b> 5 lb lift/carry limit; no crawl, no climb, no repetitive overhead motion. Commercial driving clearance.	25lb lift /carry limit. Commercial driving clearance.
<b>6 -9 months postop</b>	<b>1 visit</b> 6 months postop	TENS; Ice if needed	<b>None</b> HEP only for non-laborer; <i>1x/week for laborer</i>	<b>Full Duty RTW (non-labor); Unlimited crawl, ladders.</b> Some heavy labor positions excepted.	<b>None</b>
<b>12 months postop</b>	<b>1 visit</b> 12 months postop	<b>None</b>	<b>None</b>	<b>Full Duty RTW or FCE for permanent Limitations</b>	<b>None</b>
<b>TOTAL</b>	<b>7-8</b> (3-5 non-global period)	<b>30 narc; 60 NSAID tabs. TENS; ice tx.</b>	<b>20 visits postop</b>	<b>6 weeks light RTW; 9-12mos MMI.</b>	

## Utilization & Return To Work (RTW) After Rotator Cuff Repair

### Small to Medium-Sized, Repairable Tears in Willing Workers