

Hilary Malcarney, MD

Board Certified In Orthopedic Surgery Specializing In Shoulder Reconstruction Swift Institute Physician Phone: 775-436-0000

Swift Shoulder Institute - Physical Therapy Protocols

Partial Rotator Cuff Repair / Balloon Arthroplasty

- Weeks 0-4: Sling. Full PROM & AAROM.
- Weeks 4-8: Progress PROM/AROM with 5 lb. lifting restriction.
- Weeks 8-12: Progress ROM/strengthening as tolerated.
- Weeks 12+: Return to activities as tolerated.

SPINE • ORTHOPEDICS • VEIN

775-348-8800 • theswiftinstitute.com