

Harborview Rehabilitation Partners

88 Harborview Drive, Suite 310, Cedar Point, ST 58116
Clinic 555-0520 · Therapy line 555-0522 · After-hours triage 555-0525
Physical therapy · Occupational therapy · Patient education

PRECAUTION SPECIMEN

Document
Post-repair shoulder precautions
Episode
HRP-SH-270803-12
Version
5.3 · Effective 08/2027
Therapist
Amara Singh, OTR/L (fictional)

Protecting the Shoulder After Repair: Weeks 0–6

Sling setup, daily activities, prohibited movement, home setup, and contact matrix

FICTIONAL SPECIMEN — SURGEON'S ORDERS AND PERSONAL DISCHARGE SHEET CONTROL

Do not copy these dates or restrictions to a real patient. The synthetic case below has no active shoulder motion, no lifting, and continuous sling use except for listed care.

PATIENT Mina Ortega (fictional)	PROCEDURE Left rotator cuff repair · 08/01/27	PRECAUTION WINDOW August 1–September 12, 2027	SLING Full time; remove only for hygiene and assigned exercises
MOVEMENT No active left shoulder motion	LIFTING Nothing with left arm	SURGEON FOLLOW-UP August 15, 2027	THERAPY VISITS Aug 3, 8, 15, 22; then reassess

SLING SETUP — CHECKED AUGUST 3

PART	CORRECT SETUP	OBSERVED SPECIMEN SETTING	RECHECK
Elbow pocket	Elbow fully seated at back of sling	Seated; no gap	Every application
Forearm / wrist	Forearm supported; wrist neutral; hand visible	Pass	After standing
Shoulder position	Arm rests at side without shrugging or pulling forward	Pass	Mirror check
Neck strap	Supports arm without pressure at side of neck	Two-finger space	If numbness develops
Waist strap	Sling held against trunk, not swinging	Fastened snugly	Before walking
Skin	No red area lasting more than 20 minutes	Mild temporary neck mark	Twice daily

ALLOWED NOW VERSUS NOT YET ALLOWED

DAILY ACTIVITY	ALLOWED NOW — EXACT METHOD	NOT YET ALLOWED
Dressing	Dress operated LEFT arm first; undress it last. Keep elbow near body and let helper move clothing, not the shoulder.	Reaching overhead, behind back, or out to side
Bathing	Seated sponge bath or shower only after surgeon clearance; helper supports arm while sling is briefly off.	Using left arm to wash hair or opposite side
Hand / wrist	Open and close hand; bend wrist and elbow only as assigned by therapist.	Any shoulder lifting to position the hand
Eating	Use right hand; keep left arm supported in sling.	Holding plate, mug, or utensil in left hand
Phone / keyboard	Right-hand use; brief left fingertip use only with forearm fully supported and no shoulder motion.	Reaching forward to desk or device
Doors / transfers	Use right arm and legs; helper manages heavy doors.	Pushing up from chair or bed with left arm
Sleep	Reclined or on back with pillows as fitted; sling stays on.	Sleeping on left side or stomach

ASSIGNED MOVEMENT ONLY

1. Open and close the left hand 20 times, four times daily.
2. Bend and straighten the left wrist 10 times, four times daily.
3. With upper arm supported and shoulder still, bend and straighten the elbow 10 times, twice daily, exactly as taught.
4. Perform shoulder blade setting only if the therapist marked it on the signed home sheet.

No pendulum, pulley, stick, wall walk, stretch, or passive shoulder range appears on this specimen phase. Do not add one from a video or another person's protocol.

STRICTLY PROHIBITED THROUGH SEPTEMBER 12

- No active lifting of the left arm in any direction.
- No lifting, carrying, pushing, pulling, or supporting body weight with the left arm.
- No reaching behind the back or sudden outward rotation.
- No driving while in the sling or while taking impairing medicine.
- No removal of sling for sleep.
- No exercise beyond the newest therapist-signed sheet.

HOME SETUP PLAN

AREA	SETUP COMPLETED	WHY IT PROTECTS THE REPAIR	OWNER / DATE
Recliner / bed	Pillow supports elbow and forearm; phone on right side	Prevents arm from falling backward and avoids reaching	Caregiver · 08/02
Bathroom	Pump soap, towel, and supplies on right; nonslip mat; shower chair	Reduces one-handed reaching and fall risk	Caregiver · 08/02
Kitchen	Daily items at waist height on right; lightweight dishes	Avoids overhead cabinets and carrying	Patient + caregiver · 08/03
Entry	Heavy door managed by helper; no shoulder bag	Prevents pulling and sling displacement	Caregiver · ongoing
Clothing	Front-opening shirts, loose sleeves, slip-on shoes	Reduces forced arm movement during dressing	Patient · 08/03
Medication / ice plan	Written surgeon plan visible; supplies reachable with right hand	Avoids improvised dosing or unsupported arm position	Patient · 08/03

GREEN / YELLOW / RED CONTACT MATRIX

LANE	WHAT IS HAPPENING	ACTION	CONTACT
GREEN — expected / routine	Temporary mild ache after assigned hand, wrist, or elbow movement; brief sling pressure mark that fades within 20 minutes; questions about fit	Reposition as taught, record question, continue only assigned activity	Therapy line 555-0522 during business hours
YELLOW — same-day call	Sling no longer supports arm; increasing pain not settling with the prescribed plan; persistent numbness/tingling; swelling of hand; red pressure area lasting over 20 minutes; new wound drainage	Stop assigned exercise, keep arm supported, call the surgical team the same day	Surgical team 555-0531; after hours 555-0525
RED — emergency	Chest pain, severe breathing difficulty, fainting, blue/cold hand with sudden loss of feeling, uncontrolled bleeding, or symptoms of severe allergic reaction	Call 911. Do not drive and do not wait for a portal reply.	911

DECISION AND ACTION RECORD

QUESTION	DECISION FOR THIS SPECIMEN CASE	OWNER	REVIEW DATE
May sling come off for sleep?	No through at least 09/12; surgeon must change order	Surgeon	08/15
May patient drive?	No while sling required; surgeon determines later readiness	Surgeon	08/15
May passive shoulder motion begin?	Not on this sheet; await surgeon protocol confirmation	PT / surgeon	08/15
May patient return to desk work?	Discuss modified one-handed work after first follow-up	Patient / surgeon / employer	08/15
Who changes the home program?	Treating therapist, documented on a newly dated sheet	Therapist	Each visit

CAREGIVER CHECKS TWICE DAILY

- ☐ Elbow seated fully in sling.
- ☐ Hand warm, usual color, and visible.
- ☐ Straps flat, not twisted.
- ☐ Skin checked at neck, elbow, and wrist.
- ☐ Home route clear of trip hazards.
- ☐ Only newest dated exercise sheet in use.

TEACH-BACK ON AUGUST 3

SKILL	RESULT
State three prohibited actions	Pass
Dress left arm first	Pass with cue
Apply sling	Caregiver pass
Route yellow vs red signs	Pass
Identify controlling document	Pass — surgeon discharge sheet

Progression rule: A precaution date is not an automatic release date. Restrictions change only when the surgeon or treating therapist documents the next phase.

FICTIONAL SPECIMEN. Harborview Rehabilitation Partners, Mina Ortega, the surgery, dates, restrictions, clinicians, and contacts are invented. This document must not be used as a postoperative protocol or exercise plan for any real person.