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Hip, Knee, Shoulder & Sports Medicine Surgery

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**ROTATOR CUFF REPAIR WITH BICEPS TENODESIS REHABILITATION PROTOCOL**

Phase	Restrictions	Therapeutic Exercises
<p>Phase I: Weeks 0-4</p> <p>Goals: Reduce swelling and edema, minimize pain, retard muscle atrophy, protect the surgical repair, and avoid shoulder stiffness</p>	<p>-Sling at all times except for hygiene and physical therapy x6 weeks</p> <p>-No elevation of the arm above 90 degrees x4 weeks</p> <p>-No lifting greater than 3lbs with the surgical limb x6 weeks</p> <p>-May shower post-op day 2 with bulky dressing off</p> <p>-No strengthening</p> <p>Criteria for progression:</p> <p>-Tolerates PROM</p> <p>-At least 4 weeks s/p</p>	<p>-Passive range of motion 0-90 degrees flexion and abduction, and external rotation 0-30 degrees x4 weeks</p> <p>-When supine: place a towel roll or pillow under the elbow to remain in a neutral position</p> <p>-No support of body weight through surgical extremity x6 weeks</p> <p>-Full elbow ROM without resistance, arm at the side</p> <p>-Modalities PRN</p> <p>-Pain control and edema control</p> <p>-Periscapular strengthening</p> <p>-Neck stretches and neck ROM</p> <p>-Soft tissue mobilization</p> <p>-Ball squeezes</p> <p>-Pendulums</p> <p>-Scapular isometrics</p> <p>-Cryotherapy</p> <p>-Joint mobilizations Grade I and II, and oscillations for pain relief</p>
<p>Phase II: Weeks 5-6</p> <p>Goals: Progress range of motion, minimize pain, retard muscle atrophy, protect the repair, and begin neuromuscular control</p>	<p>-Sling at all times except for hygiene and physical therapy x6 weeks</p> <p>-Continue phase I exercises</p> <p>-No lifting greater than 3lbs with the surgical limb x6 weeks</p> <p>Criteria for progression:</p> <p>-Tolerated full PROM</p> <p>-Passive forward flexion to 135 degrees</p> <p>-At least 6 weeks s/p</p>	<p>-Progress to full passive range of motion</p> <p>-Correct postural dysfunctions</p> <p>-Be careful not to overstress healing tissues</p> <p>-Pain control and inflammation control</p> <p>-Initiate supine AAROM</p> <p>-Posture exercises</p> <p>-Core strengthening</p> <p>-May begin sub-max isometrics after 4 weeks: shoulder flexion, abduction, extension, and external rotation</p> <p>-Prone row to neutral</p> <p>-Cardio: walking and stationary bike (no treadmill, elliptical, stairmaster, or road bike)</p>

<p>Phase III: Weeks 7-9</p> <p>Goals: Full range of motion, minimal pain, improve neuromuscular control, improve mechanics</p>	<ul style="list-style-type: none"> -Discontinue Sling -Continue phase I and II exercises -No strengthening -No lifting greater than 5lbs with the surgical limb <p>Criteria for progression:</p> <ul style="list-style-type: none"> -Tolerates AROM -Active flexion to 120 degrees with good mechanics -At least 8 weeks s/p 	<ul style="list-style-type: none"> -Once full passive ROM is achieved, progress to active, and active assisted range of motion -Focus on neuromuscular control and good mechanics- -Scapular stabilization and strengthening exercises -Controlled progression of AROM activities -Initiate scaption, AROM for shoulder -Cardio: walking and stationary bike (no treadmill, elliptical, stairmaster, or road bike)
<p>Phase IV: Weeks 10-12</p> <p>Goals: Full range of motion, no pain, good mechanics, begin strengthening</p>	<ul style="list-style-type: none"> -Continue phase II and III exercises -Progress multi-planar movements -No heavy strengthening <p>Criteria for progression:</p> <ul style="list-style-type: none"> -Able to perform all functional activities without limitations or pain -Able to actively flex the shoulder to 140 degrees in a standing position with good mechanics 	<ul style="list-style-type: none"> -Initiate light strengthening exercises -Progress non-painful AROM -Advanced shoulder motions and neuromuscular control -PNF patterns with light resistance -Good scapulothoracic awareness -Closed chain exercises: ball on the wall exercises -Progress External Rotation ROM in varying angles of abduction -Progress prone exercises to include strengthening -Core strengthening progression
<p>Phase V: Week 12 and onward</p> <p>Goals: Full range of motion, increase strengthening, great mechanics, sports specific functional activity progression</p>	<ul style="list-style-type: none"> -Sport or work specific training -Return to recreational activities -Normalize strength and endurance <p>Criteria for progression:</p> <ul style="list-style-type: none"> -May return to sports after clearance from therapist and surgeon -Full return to activity typically at 5 months s/p <p>Criteria for discharge:</p> <ul style="list-style-type: none"> -<10% strength deficit -Limb similarity index of 90% or greater -45/50 on biomechanical functional tests (if performed) -NO pain or complains of instability 	<ul style="list-style-type: none"> -Continue to work on shoulder motion in varying speeds and angles without compensation -Progress rotator cuff strengthening in different angles and velocities -Progress weight strengthening with high reps and low weight to low reps and higher weight -Throwing progression or overhead program if indicated