

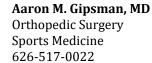


Rehabilitation Protocol: Arthroscopic Rotator Cuff Repair for Massive tear with subscapilaris repair and biceps tenotomy.

Name:	Date:
Diagnosis:	Date of Surgery:
• Sling i	arting Week 6-7) mmobilization with supporting abduction pillow to be worn at all times except for showering weeks post-operatively. OK to remove at 6 weeks post-op.
• Thera	of Motion – True Passive Range of Motion Only to Patient Tolerance Goals: 140° Forward Flexion, 40° External Rotation with elbow at side, 60-80° Abduction without rotation, Limit Internal Rotation to 40° with the shoulder in the 60-80° abducted position Maintain elbow at or anterior to mid-axillary line when patient is supine peutic Exercise – No canes or pulleys during this phase Codman Exercises/Pendulums Elbow/Wrist/Hand Range of Motion and Grip Strengthening Isometric Scapular Stabilization Ice before and after PT sessions
• Discor • Range	Week 7-10) Intinue sling immobilization at 6 weeks post surgery of Motion 7-8 weeks: Gentle passive stretch to reach ROM goals from PhaseI 8-10 weeks: Begin AAROM → AROM as tolerated peutic Exercise 7-8 weeks: Being gentle AAROM exercises (supine position), gentle joint mobilizations (grades I and II), continue with Phase I exercises
- Range	(Weeks 10-12) of Motion – Progress to full AROM without discomfort peutic Exercise Continue with scapular strengthening Continue and progress with Phase II exercises Begin Internal/External Rotation Isometrics

Modalities per PT discretion

o Stretch posterior capsule when arm is warmed-up





Phase	IV	(Months	3-6)
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- Range of Motion Full without discomfort
- Therapeutic Exercise Advance strengthening as tolerated starting at 4 months: isometrics → therabands
 → light weights (1-5 lbs),
 - o 8-12 repetitions/2-3 sets for Rotator Cuff, Deltoid and Scapular Stabilizers
 - o Return to sports at 6 months if approved
- Modalities per PT discretion
- No strengthening or resistance exercises until 4 months post-op.

Comments:

**IF BICEPS TENODESIS WAS PERFORMED - NO BICEPS STRENGTHENING UNTIL 8 WEEKS POST-OP

Frequency: times per week	Duration: weeks
Signature:	Date: