

ROTATOR CUFF REPAIR WITH SUBSCAPULARIS REPAIR POSTOPERATIVE REHABILITATION PROTOCOL (WITH BICEPS TENODESIS)

I. 1-3 WEEKS POST-OP:

- a. Sling x 4-6 weeks post-op
 - i. May come out of the sling when sleeping and sitting at a desk after week 2
- b. Pendulum exercises
- c. Passive Broomstick **ER 0-30 degrees**
 - i. **Limit passive abduction w/neutral rotation <45 degrees**
- d. Table Slides 3-6x/day
- e. Modalities, cryocuff, prn
- f. Hand, wrist, elbow, PRE's
- g. First 6 weeks is home program.
- h. Begin scapular strengthening program, in protective range
- i. Deltoid isometrics

II. 3-5 WEEKS POST-OP:

- a. Joint mobilization & PROM as necessary (table slides, passive ER)
- b. Table Slides 3x/day
- c. Deltoid isometrics
- d. Modalities as needed
- e. Begin submaximal ER isometric exercises in neutral, arm at side (week 5)
- f. Continue scapular strengthening
- g. Weight Restrictions: <10 lbs

III. 5-9 WEEKS POST-OP:

- a. **Goal: Restore Full Flexion and External Rotation by Week 12**
- b. No Limits on Range of Motion after Week 6
- c. ROM activities emphasize forward flexion. Gentle passive stretch to tolerance forward flexion
- d. Deltoid isotonics in plane of scapula, only after positive rotator cuff strength is determined (especially forward flexion)
- e. Continue with scapular PRE's. Begin biceps PRE's.
- f. Continue with modalities, prn.
- g. Progress Rotator cuff isotonics as ROM approaches normal
 - i. Begin Theraband IR / ER
 - ii. Progress to aggressive scapular exercises
 - iii. Upper extremity PRE's for large muscle groups, i.e. pects, lats, etc.
 - iv. Begin isokinetic program, IR / ER emphasize eccentrics
- h. Weight Restrictions: <20 lbs

IV. 9-16 WEEKS POST-OP:

- a. Aggressive upper extremity PRE's
- b. IR / ER isokinetics, velocity spectrum
- c. Begin plyometric program for overhead athletes
- d. Continue with throwing and racquet program if appropriate
- e. Posterior capsule stretching after warm-ups
- f. Progress PRE's from side for overhead athletes
- g. Weight Restrictions: <30 lbs. through week 12
- h.

V. 16+ WEEKS POST-OP:

- a. Functional Exercises
- b. Plyometrics
- c. Continue Isokinetics

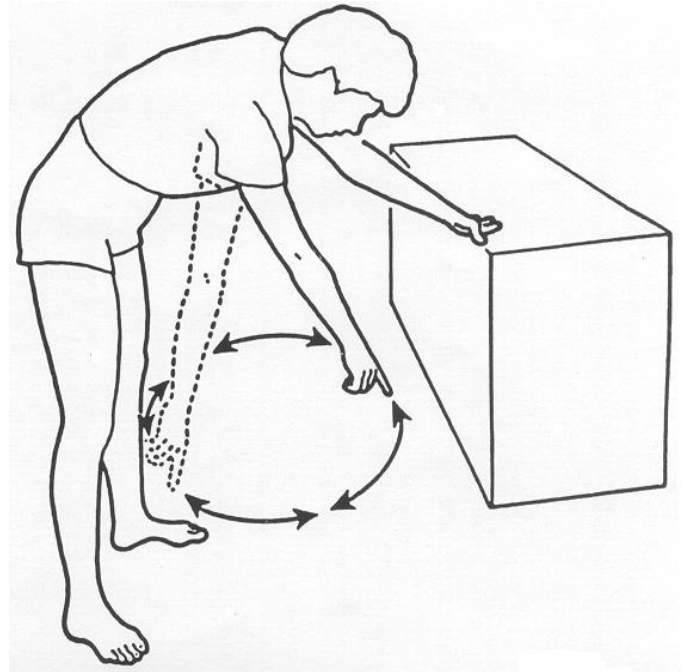
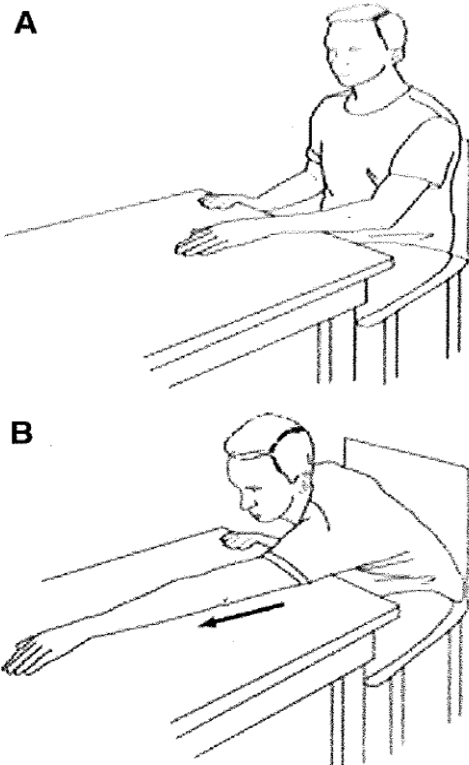
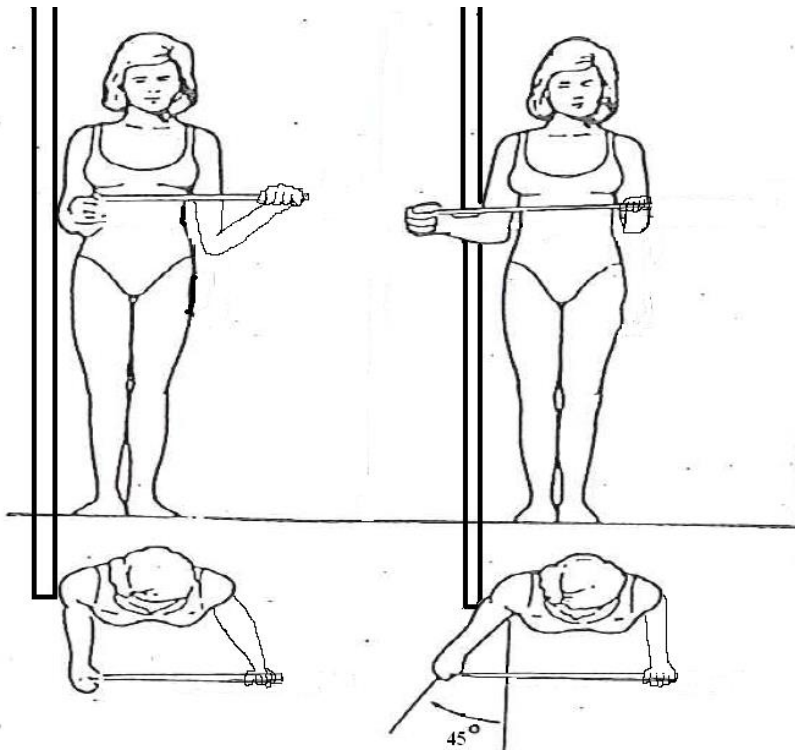


FIGURE 1. Table slide. (A) Starting position. While seated at a table, the patient places the hand of the affected shoulder on a sliding surface (e.g., a magazine that slides over a smooth table surface). (B) Ending position. The patient slides the hand forward, maintaining contact with the table, while the head and chest advance toward the table.



External Rotation Exercise: Using the nonoperative hand, push the stick against the operative side's hand to 45 degrees, and hold for 30 seconds; repeat 10 times per set.