



## MASSIVE ROTATOR CUFF REPAIR PROTOCOL WITH BICEPS TENODESIS

Name: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

Date of Surgery: \_\_\_\_\_

Frequency: 1 2 3 4 times / week      Duration: 1 2 3 4 5 6 Weeks

### Days 0 -- 7

- Patient to do Home Exercises given post---op (pendulums; ROM elbow, wrist, hand, grip strengthening)
- No active elbow flexion/supination
- Patient to remain in sling for 6 weeks AT ALL TIMES (except for personal grooming)

### Weeks 1 -- 12

- Pendulums
- Passive external rotation limit 30° (supine, roll towel under elbow)
- Passive forward elevation limit 90° (supine, elbow bent at 90°, in scaption)
- No active elbow flexion/supination until 4 weeks post---op
  - (PROM and AAROM elbow from 0--4 weeks; maintain only PROM with shoulder)
- Table slides at 14 days, hand resting on table, torso leaning forward, no pain
- Address posterior capsular tightness at 3 months if indicated

***Minimal to no pain during or after exercises, although fatigue is OK***

### **AVOID:**

- NO Pulleys
- NO internal rotation behind back
- NO external rotation stretching with arm in 90° of abduction
- NO stretching in abduction

**\*\*\* NO strengthening until 3 months**

### **Modalities/Other:**

Signature \_\_\_\_\_

Date: \_\_\_\_\_