

Post-Operative Rehabilitation

Arthroscopic Rotator Cuff Repair w & w/o Biceps Tenodesis

Dr. Joshua Alpert



Post-op Phase	Sling	ROM	Therapeutic Exercise	Precautions	
Phase one Week 0-6 Goals: *Maintain integrity of repair *Do not overstress healing tissue *Gradually increase passive ROM *Diminish pain and inflammation *Prevent muscular inhibition	per MD instructions pendulum exercises several times/day	Passive ROM only *Limit IR to 30° and ER to 60° in scapular plane * Flexion as tolerated *Limit IR behind back to beltline	Pendulum exercise supine FF as tolerated. ERN as tolerated scapular retraction IR behind back may start after 2 weeks Passive ROM with PT is OK	Ball squeezes ROM for elbow, forearm, hand *No Active elevation for first 6 weeks *No lifting overhead *no excessive shoulder extension *No excessive stretching or sudden movements *no supporting body weight with hands	
Phase Two 6-12 weeks after surgery Goals: *Maintain integrity of repair *Do not overstress healing tissue *Gradually increase PROM & AROM to full *Re-establish dynamic shoulder stability *Re-establish scapulohumeral rhythm	D/C sling	gradually progress to full ROM all planes	ER @ 0° wall slide IR behind back horizontal adduction hands behind head ER at 90° abduction stretch sidelying IR @ 90° Overhead Pullies	*AAROM elevation progressing to Active elevation with scapulohumeral rhythm *submax isometric IR/ER *Rhythmic Stabilization *proprioceptive drills *dynamic exercises *sidelying ER *sidelying scaption *prone row *prone T prone extension standing scaption prone scaption	No resisted exercise Avoid exercises in coronal plane ABDuction

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Post-op Phase	Sling	ROM	Therapeutic Exercise	Precautions	
Phase Three 12-18 weeks Goals: progressive RTC strengthening & scapular stability progressive functional training	D/C sling	Maintain full ROM	ER @ 90° abduction stretch ER at 0° wall slide IR behind back Horizontal adduction hands behind head ER at 90° abduction stretch	*Theraband exercises: ER, IR, forward, punch shrug, dynamic hug, "w's", biceps curl, seated row *Dynamic exercises: continue from phase 2; limit resistance to max 3 lb *proprioception drills *scapulohumeral rhythm exercises	continue same as above No weight training

Post-Op Phase	Stretching exercises	Strengthening exercises	Return to Sports	Precautions
Phase 4 18-26 weeks	Continue previous stretches	continue dynamic exercises and theraband exercises from phase 3. optional: theraband: add 'T's, diagonal up and down Add Prone 'U's	per surgeon	Weight training per surgeon continue to avoid excessive force on the shoulder
Phase 5 26 weeks and onward	Continue previous stretches	continue above Plyometric exercises	interval sports programs can begin	weight training precautions