



Dr. Joshua Alpert
 Post-Operative Rehabilitation Protocol:
 Shoulder - Arthroscopic Rotator Cuff Repair
 with and without Bicep Tenodesis

	Sling	Range of Motion	Exercise	Precautions
<p>PHASE I 0-6 weeks</p> <p>Goals:</p> <ul style="list-style-type: none"> - maintain repair - do not overstress tissue - gradually increase passive ROM - reduce pain - prevent muscular inhibition 	At all times except for hygiene and exercises	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 okay. Ball squeezes ROM for elbow, forearm, hand	<ul style="list-style-type: none"> - no active elevation for 6 weeks - no excessive shoulder extension, stretching or sudden movements - no supporting body weight with hands
<p>PHASE II 6-12 weeks</p> <p>Goals:</p> <ul style="list-style-type: none"> - maintain repair - Do not overstress tissue - gradually increase PROM & AROM to full - dynamic shoulder stability - scapulohumeral rhythm 	None	Gradually progresses to full ROM in all planes	ER at 0°: Wall slide. IR behind back. Horizontal adduction. Hands behind head. ER at 90°: Abduction stretch. Sidelying IR at 90°. Overhead pulleys. AAROM elevation progressing to active elevation with scapulohumeral rhythm. Submax isometric IR/ER. Rhythmic stabilization. Proprioceptive drills. Dynamic exercises. Sidelying ER.	<ul style="list-style-type: none"> - no resisted exercise - avoid exercises in coronal plane abduction

			side lying scaption. Prone row. Prone T. prone extension. Standing scaption. Prone scaption.	
PHASE III 12-18 weeks	none	Maintain full ROM	<p>Begin strengthening.</p> <p>ER at 90°: Abduction stretch.</p> <p>ER at 0°: wall slide. IR behind back. Horizontal adduction. Hands behind head.</p> <p>TheraBand exercises: ER, IR, forward, punch shrug, dynamic hug, "w's", biceps curl, seated row</p> <p>Dynamic exercises: cont. from phase 2. Limit resistance to max 3lbs.</p> <p>Proprioception drills. Scapulohumeral rhythm exercises.</p> <p>Progress to work conditioning.</p>	Continue the same as above.
PHASE IV 18-26 weeks	None	Full ROM without pain	<p>Continue dynamic exercises and TheraBand exercises from phase 3. Continue previous stretches.</p> <p>Optional: TheraBand: add 'T's. diagonal up and down. Add prone 'U's</p> <p>Begin work conditioning.</p>	<p>Return to sports: per surgeon</p> <p>- weight training per surgeon</p> <p>- avoid excessive force on the shoulder</p>
PHASE V 26 weeks+	None	Full rom without pain	<p>Continue stretches. Continue above plyometric exercises.</p> <p>Interval sports programs can begin</p>	- weight training precautions

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