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MASSIVE ROTATOR CUFF REPAIR PROTOCOL WITH SUBCAPULARIS REPAIR 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 0° (supine, roll towel under elbow)
 - Can increase to 30° limit beginning week 6 post-op
- 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**

Signature _____

Date: _____