ROTATOR CUFF REPAIR (MASSIVE) WITH BICEP TENODESIS

Date of Surgery: _____

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: