

REHABILITATION PROTOCOL

Arthroscopic Rotator Cuff Tendon Repair +/- Decompression +/- Biceps Tenodesis or Tenotomy

Patient Name: _____

Date of Surgery: _____

Surgery Details:

Arthroscopic Repair:

- Supraspinatus
- Infraspinatus
- Subscapularis

Other:

- Biceps Tenotomy
- Biceps Tenodesis
- Bursectomy

Tear Size:

- Small (< 2cm)
- Medium (2-5cm)
- Large-Massive (>5cm)

- Subacromial Decompression
- Distal Clavicle Resection
- Labral Debridement / Repair

Phase 1 (0-4 weeks)

- **Weight-bearing:** Sling immobilization with abduction pillow at all times except for showering and at PT.
- **Range of Motion:** No range of motion to shoulder until cleared by Dr. Ghattas.
- **Therapeutic Exercises:** No canes or pulleys during this phase
 - Codman Exercises/Pendulums
 - Elbow/Wrist/Hand Range of Motion and Grip Strengthening
 - Isometric Scapular Stabilization
- Modalities as per PT discretion in each phase of rehab.

Phase 2 (4-8 weeks)

- **Weight-bearing:** Discontinue sling immobilization at 6 weeks post-op.
- **Range of Motion:** *No AROM until 6 weeks post-op.
 - 4-6 weeks: Gentle passive stretch to reach ROM goals from Phase I.
 - 6-8 weeks: Begin AAROM → AROM as tolerated with pulley, stick and pendulum
- **Therapeutic Exercises:**
 - 4-6 weeks: Begin gentle AAROM exercises (supine position), gentle joint mobilizations (grades I and II), continue with Phase I exercises
 - 6-8 weeks: Progress to active exercises with gradual, low resistance, shoulder flexion with trunk flexed to 45° in upright position, begin deltoid and biceps strengthening**
 - Begin Internal/External Rotation Isometrics

Phase 3 (8-12 weeks)

- **Range of Motion:** Progress to full AROM without discomfort.
- **Therapeutic Exercises:**
 - Continue with scapular strengthening and stability/control exercises
 - Continue and progress with Phase II exercises
 - Stretch posterior capsule when arm is warmed-up

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Phase 4 (3-6 months)

- **Range of Motion:** Full ROM without discomfort.
- **Therapeutic Exercises:** Advance exercises in Phase III (strengthening 3-5x per week); advance strengthening as tolerated: isometrics ** therabands ** light weights (1-5 lbs)
 - 8-12 repetitions/2-3 sets for Rotator Cuff, Deltoid, Scapular Stabilizers, and Pectorals.
 - Begin sport-specific, dynamic exercises at 3-4 months pending pain-free ROM.
 - Return to sports at 6 months if approved by Dr. Ghattas.

Physician Comments:

**IF BICEPS TENODESIS WAS PERFORMED, NO BICEPS STRENGTHENING UNTIL 8 WEEKS POSTOP.

Paul. Ghattas, D.O.

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