
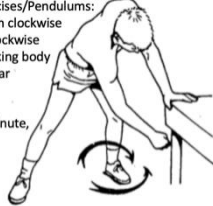



MASSIVE ROTATOR CUFF REPAIR + BICEPS TENODESIS
PHYSICAL THERAPY PROTOCOL

Recommend 2-3x/week for 8 weeks
Please contact office for renewal as needed

<p>Days 0-7</p>	<p>Wrist flexion and extension:</p>  <p>Gently bend your wrist back and forth.</p> <p>Codman's Exercises/Pendulums: Let arm move in clockwise and counter-clockwise motion, by rocking body weight in circular motion. Do this for 1 minute, 3x/day.</p>  <p>Elbow flexion and extension:</p>  <p>With palm either up or thumb down, gently bend the elbow as far as possible, then straighten out as far as possible</p> <ul style="list-style-type: none"> • 3 home exercises provided above: perform each exercise for 1-2 minutes, 3-4x/day • No active elbow flexion/supination • Patient to remain in sling for 6 weeks AT ALL TIMES (except for personal hygiene)
<p>Weeks 1-12</p>	<ul style="list-style-type: none"> • 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 <ul style="list-style-type: none"> • (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, pain free • 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