



**Matthew Gotlin, MD**  
**159 East 74<sup>th</sup> Street**  
**New York, NY 10021**

**REHAB PROTOCOL: Arthroscopic Rotator Cuff Repair (LARGE/MASSIVE TEAR:  
DELAYED ROM PROTOCOL) ± Biceps Tenodesis**

**Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Diagnosis:** \_\_\_\_\_ **Date of Surgery:** \_\_\_\_\_

**Initial Immobilization Phase: Weeks 0-6 (NO PROM of shoulder)**

**Precautions**

- Patient to remain in sling with abduction pillow for 6 weeks..
- Avoid pushing yourself from chair or bed with the operative arm.
- **NO** active or passive motion of the shoulder
- **NO ACTIVE ROM of elbow** if biceps tenodesis is performed
- Active ROM of wrist and hand
- Allowed the use of hand and wrist while in the sling for typing, writing etc.

**Phase I (Passive Range of Motion phase): Weeks 7-9**

**Precautions**

- **NO** active motion of the shoulder, **NO** excessive passive stretching beyond the limits described below

**NO** Resistive Internal Rotation, **NO** Internal Rotation behind the back, **NO** stretching in Abduction IR and **NO** ER stretching with the arm in 90 ° of abduction

- **NO** resisted motions of shoulder until 12 weeks post-op
- All of initial therapist supervised passive exercises will be performed while you are lying on your back.

159 East 74th Street  
New York, NY 10021  
Tel: 212-737-3301 Fax: 212-734-0407

2 Overhill Rd, Suite 310  
Scarsdale, NY 10583  
Tel: 914-725-6970 Fax: 914-725-6972

1600 Stewart Ave, Suite 100  
Westbury, NY 11590  
Tel: 516-243-8506 Fax: 212-734-0407

1870 Richmond Road  
Staten Island, NY 10306  
Tel: 718-285-7118 Fax: 212-734-0407

161 Atlantic Avenue  
Brooklyn, NY 11201  
Tel: 212-737-3301 Fax: 212-734-0407

200 West 13<sup>th</sup> Street, 6<sup>th</sup> Floor  
New York, NY 10077  
Tel: 212-737-3301 Fax: 212-734-0407

9226 Kennedy Boulevard  
North Bergen, NJ 07047  
Tel: 212-737-3301 Fax: 212-734-0407

**ROM goals:** Therapist supervised passive ROM-140 °, FF 30 °, ER at side; ABD max 60-80 ° without rotation (ELBOW BEND)

- True supervised PROM only! These exercises will be therapist supervised during therapy sessions.
- Passive ER (roll towel under elbow, supine) to 30 °
- Passive FF (elbow bent at 90<sup>0</sup>, supine, in scaption) to less than 140 °
- Active hand, wrist and elbow exercises
- Scapular exercises: Scapular pinch and roll and shoulder shrug
- No canes/pulleys until 10 weeks post-op, because these are active-assist exercises
- Heat before PT, ice after PT

## **Phase II (Active Range of Motion phase) Weeks 10-14:**

### **Precautions**

- No lifting anything heavier than soda bottle
- Patient has to face the pulley and NO pulleys behind the back
- Avoid sudden jerking motion or grabbing on to objects far out from you
- Level walking at 8 weeks
- Avoid holding the bar of elliptical

### **Exercises**

- Cleared for daily use of your arm for activities of daily living (ADL)
- Use of pulleys, canes for ROM is allowed
- Begin AAROM and advanced to AROM as tolerated (internal rotation, external rotation, and scapular rotators). Start in lying down position and then advance to sitting and standing position
- Light passive stretching at end ranges (Avoid excessive ER in abduction in subscapularis tears and excessive IR in abduction in infraspinatus tears)
- Begin scapular strengthening exercises, closed chain for deltoid, PRE's (progressive resistance exercises) for large muscle groups (pecs, lats, etc) at 12 weeks
- Isometrics with arm at side and light resistive therabands beginning at 12 weeks

## **Phase III (strengthening phase) Weeks 14-18:**



## Precautions

- Patient should have full ROM, no substitution patterns and good scapulothoracic control
- No heavy lifting (>10 pounds)
- Patient has to face the pulley and NO pulleys behind the back
- Avoid sudden jerking motion or sudden reaching out to grabbing objects
- Lateral raises and side raises with weights should be with the bent elbow and below the shoulder level

## Exercises

- Advance to full ROM as tolerated with passive stretching at end ranges
- Advance strengthening as tolerated: isometrics ‡ bands (progress with increasing intensity) ‡ light weights (1-5 lbs); per rotator cuff, deltoid, and scapular stabilizers
  - IR (wall push ups, IR at 90 degree, dynamic hug, diagonals with bands)
  - ER ((lying, sitting supported, standing unsupported),
  - Prone scapular stabilization and extension exercises (T, Y, I, W)
- Closed chain Deltoid
- Only do strengthening 3x/week to avoid rotator cuff tendonitis
- Begin eccentrically resisted motions, plyometrics and proprioception
- Running allowed

## Phase IV (Advanced strengthening phase/Sports specific Rehab phase): Weeks 18-24

### Exercises

- Continue with phase III exercises
- Begin sports related rehab at 4.5-5 months (tennis, golf), including advanced conditioning

### Modalities

- ◇ Heat and Ice
- ◇ Ultrasound
- ◇ Iontophoresis
- ◇ Phonophoresis
- ◇ Therapists' discretion
- ◇ TENS

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◇ Trigger point massage

**Evaluation and others**

- ◇ Teach home exercise program
- ◇ Functional capacity evaluation
- ◇ Work Hardening/Work Conditioning

**Comments:**

**Frequency:**   2   times per week

**Duration:**  12  weeks

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_