

Yuri Lewicky MD

1840 N. Jasper Dr.

Flagstaff, Az 86001

Phone (928) 226-2900 Fax (928) 774-7767

## Massive Cuff with Biceps Tenodesis Protocol:

Postop Rehab All-Arthroscopic MASSIVE Rotator Cuff Tear Repair with Ax / Open Biceps Tenodesis:  
Additional precautions are noted because the Subscapularis was repaired as well: 1) External rotation initially to only 0°, followed by up to 30° by 6 weeks, and 45° by 12 wks.

### Stage I (Maximum Protection 1-6 weeks from the date of surgery)

- Wear sling at all times except to bath and do PROM exercises
- PROM: Pendulums and table slides
- Progress to full PROM at 3 weeks
- Cervical muscular stretching and ROM
- Ipsilateral forearm, wrist, and hand ROM, active assist and active
- AAROM elbow flexion only is allowed for the first 4 weeks
- AROM of the elbow in pronation, supination, flexion and extension with passive stretching at the end ranges to maintain flexibility is allowed starting at 4 weeks
- Modalities to control pain as indicated

### Stage II (Moderate Protection 6-12 weeks from the date of surgery)

- D/C sling
- Begin AAROM: flexion to tolerance, ER/IR to tolerance (shoulder 90° abduction)
- Progress to full AAROM progressing to AROM
- Scar care and soft tissue mobilization
- Modalities as necessary

### Stage III (Minimum Protection 12-18 weeks from the date of surgery)

- Begin scapular exercises without transfer of resistance through the upper extremity
- Begin submaximal isometrics for shoulder musculature at week 12 (be cautious about location of the RC repair)
- Progress scapular exercises with resistance through UE
- Progress isotonic strengthening of rotator cuff musculature to tolerance
- Continue proximal scapular strengthening progression
- For biceps begin elbow strengthening, starting with isometrics and then advancing to weights

### Stage IV (Return to Activity: Initiate at 24 weeks from the date of surgery)

- Depending on extent of the surgical repair, muscle tissue quality, and physician discretion)
- Continue shoulder girdle and rotator cuff strengthening program progressing to independence
- Progress to more advanced shoulder strengthening
- Initiate sport specific activities and return to sport/work program