



## Greg Takenishi, MD

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### Medium RTC Repair, Subpectoral Biceps Tenodesis and DCE

**POSTPROCEDURE PLANS:** The patient will be strict no weight bearing on the left upper extremity. Patient will start physical therapy after the first postoperative visit in 2 weeks. The patient will follow a large rotator cuff protocol. The patient will be required to wear a sling for the next eight. There will be no strengthening for 4 months.

#### REHABILITATION GUIDELINES FOLLOWING ROTATOR CUFF REPAIR LARGE

No strengthening for 4 months.

PROM at 2 weeks , AAROM at 6 weeks and AROM/strengthening at 4 months.

ROM Goals: Forward Flexion 90 degrees at 2 weeks, 120 degrees at 4 weeks, 140 degrees at 6 weeks, and full ROM after 6 weeks.

The weeks indicate from the time of first physical therapy appointment.

#### Phase 1 Protective Phase (0-8 Weeks)

##### 0-4 Weeks

Fit brace or sling (determined by physician)

Begin pendulum exercises at 2 weeks postop

Perform passive range of motion to tolerance:

Flexion – Table Slides, Supine passive forward flexion, etc.

ER/IR (shoulder at 45° abduction)

Perform elbow range of motion

Perform hand gripping exercises

Initiate continuous passive motion (CPM)

Use submaximal isometrics:

Abductors

ER/IR

Elbow flexors

Use ice and pain modalities

Perform gentle active-assisted range of motion with L-bar at 2 weeks

Scapular positioning, Postural exercises

##### 4-8 Weeks

Perform active-assisted range of motion with L-bar:

Flexion to 120° but can go higher as tolerated

ER/IR (shoulder 45° degrees abduction) 40°

Continue pain modalities

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### Phase 2 Intermediate Phase (8-14 Weeks)

#### Goals

Discontinue brace or sling at 8 weeks but use in crowds or at end of the day if arm tired

Establish full range of motion

Gradually increase strength

Decrease pain

#### 8-10 Weeks

Perform active-assisted range of motion L-bar exercises:

Flexion to tolerance

ER/IR (shoulder 90° abduction) to tolerance

Begin isotonic strengthening:

Deltoid to 90°

ER/IR side-lying

Supraspinatus

Biceps/triceps

Scapular muscles

Pulleys, Wall walks, etc.

#### 10-14 Weeks

Continue all exercises listed above (full range of motion by 12-14 weeks)

Begin neuromuscular control exercises

If patient is unable to elevate arm with shoulder hiking (scapulothoracic substitution), maintain on humeral head stabilizing exercises.

### Phase 3 Advanced Strengthening Phase (15-26 Weeks)

#### Goals

Maintain full, non-painful range of motion

Improve strength of shoulder

Improve neuromuscular control

Gradual return to functional activities

#### 15-20 Weeks

Continue active-assisted range of motion exercise with L-bar:

Flexion, ER, IR

Perform self-capsular stretches

ER/IR

Elbow flexors/extensors

Scapular strengthening

Begin conditioning program

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### 21-26 Weeks

Begin aggressive strengthening program:

Shoulder flexion

Shoulder abduction (to 90°)

Supraspinatus

ER/IR

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Continue all exercises listed above

Use isokinetic test (modified neutral position) for ER/IR at 180 and 300° per second

Begin interval sport program

### Phase 4 Return to Activity Phase (24-28 Weeks)

Goals

Gradual return to recreational sport activities

### 24-28 Weeks

Continue all strengthening exercises

Continue all flexibility exercises

Continue progression on interval program

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Proprioception

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