

Weeks 0-6

Aims:

Regain passive range of motion - Only to patient tolerance

Sling immobilisation with supporting abduction pillow to be worn at all times except for showering and rehab under guidance of PT
Goals: 140° Forward Flexion, 40° External Rotation with elbow at side, 60-80° Abduction without rotation, Limit Internal Rotation to 40° with the shoulder in the 60-80° abducted position

Maintain elbow at or anterior to mid-axillary line when patient is supine

Therapeutic Exercise – No canes or pulleys during this phase

- Codman Exercises/Pendulums
- Elbow/Wrist/Hand Range of Motion and Grip Strengthening
- Isometric Scapular Stabilisation

*Heat/Ice before and after PT sessions

Weeks 6-10

Aims:

Commence active assisted range of motion progressing to active range of motion.

Discontinue sling immobilisation

Range of Motion

- Gentle passive stretch to reach ROM goals from Phase I
- Begin AAROM / AROM as tolerated

Therapeutic Exercise

- 6 weeks: Begin gentle AAROM exercises (supine position), gentle joint mobilisations (grades I and II), continue with Phase I exercises
- 8 weeks: Progress to active exercises with resistance, shoulder flexion with trunk flexed to 45° in upright position, begin deltoid and biceps strengthening**

*Modalities per PT discretion

Weeks 10-12

Aims:

Regain full active range of motion without discomfort.

Commence isometric strengthening program.

Range of Motion – Progress to full AROM without discomfort

Therapeutic Exercise

- Continue with scapular strengthening
- Continue and progress with Phase II exercises
- Begin Internal/External Rotation Isometrics
- Stretch posterior capsule when arm is warmed-up

*Modalities per PT discretion

Months 3 - 6

Aims:

Progress to resisted strengthening program.

Regain full rotator cuff strength.
Improve scapulohumeral control.

Range of Motion – Full without discomfort

Therapeutic Exercise

- Advance strengthening as tolerated: isometrics, therabands, light weights (1-2kg)
- 8-12 repetitions/2-3 sets for Rotator Cuff, Deltoid and Scapular Stabilisers
- Return to sports at 6 months if approved

*Modalities per PT discretion

Comments:

**IF BICEPS TENODESIS WAS PERFORMED - NO BICEPS STRENGTHENING UNTIL 8 WEEKS POST-OP