



# Travis C. Burns, MD

Sports Medicine and Shoulder Reconstruction  
Arthroscopic Shoulder, Hip, and Knee Surgery

[www.travisburnsmd.com](http://www.travisburnsmd.com)

<https://ortho-sa.com/>

(210) 705-5060



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## ROTATOR CUFF REPAIR with BICEPS TENODESIS

### General Guidelines

- Sling with pillow for 6 weeks, full time
- Can bend elbow, wrist, fingers fully after surgery
- No lifting greater than 1 lb with biceps for 8 weeks
- Return to sports 6 months

### Post-op Days 1 – 14

**Goals:** Pain control, full elbow/wrist/finger motion

- POD 2: Change dressing, keep wound covered
- POD 10-14: Sutures out
- Sling full time except in shower and therapy

#### **Therapy:**

Immobilizer with abductor pillow x 4-6 weeks – Even while sleeping

– Place pillow under shoulder / arm while sleeping for comfort Hand squeezing exercises

**NO RESISTED SHOULDER ABDUCTION/FLEXION, ELBOW FLEXION, SUPINATION x 6wks**

Elbow and wrist active motion (AROM) with shoulder in neutral position at side

Supported pendulum exercises

Shoulder shrugs / scapular retraction without resistance

PROM by therapist / Active assist motion (AAROM) w/ pulleys or supine w/ wand

– Flexion to 90 degrees

– Abduction to 90 degrees

– ER to within 30 degrees of opposite shoulder

Stationary bike (must wear immobilizer)

Ice pack

### Weeks 2 – 6

**Goals:** AAROM to 90 degrees

#### **Therapy:**

Continue sling x 6 wks

Continue appropriate previous exercises

Full pendulum exercises

Shoulder shrugs, scapular retraction without resistance

Active assisted motion (AAROM) supine with wand

– ER as tolerated (wand, doorway stretch)

– IR as tolerated **if no subscapularis repair** (wand behind back)

1-2 Finger Isometrics x 6 (fist in box)  
Stationary bike (must wear sling)

### **Weeks 6 – 9**

**Goals:** Full AROM

**Therapy:**

D/C Immobilizer  
Continue appropriate previous exercises AROM, AAROM through full range  
Light Theraband ex x 6  
Standing rows with Theraband  
Prone scapular retraction exercises (without weights)  
Biceps and Triceps PREs with light weight  
UBE forwards and backwards with low resistance Stairmaster  
Treadmill – Walking progression program  
Pool walking / running – No UE resistive exercises

### **Weeks 9 – 12**

**Goals:** Regain full ROM, 30 wall pushups

**Therapy:**

Continue appropriate previous exercises  
AROM, AAROM through full range  
Theraband ex – ER, Abduction, Extension Biceps and Triceps PREs  
Prone scapular retraction exercises (without weights)  
Push-up plus on wall  
Body blade  
BAPS on hands  
Ball on wall (arcs, alphabet)  
Elliptical trainer (upper and lower extremities)  
Pool walking / running – No UE resistive exercises

### **Months 3 - 4**

**Goals:** 30 table pushups, Run 2 miles at own pace

**Therapy:**

Continue appropriate previous exercises  
PROM / mobilization as needed to regain full ROM  
Light Theraband ex – IR, Adduction, Flexion, Scaption  
– Continue ER, Abduction, Extension with increased resistance  
Push-up progression – Wall to table to chair (no elbow flexion > 90 degrees)  
Ball toss with arm at side using light ball  
Treadmill – Running progression program  
Pool walking / running – With UE resistance

## **Months 4 - 6**

**Goals:** Resume all activities

### **Therapy:**

Continue appropriate previous exercises with increased resistance

Fitter on hands

Ball toss overhead

Push-up progression – Chair to regular

Sit-ups

Weight training with increasing resistance

Swimming

Running progression to track

Transition to home / gym program

# Shoulder Post Op Phase 1

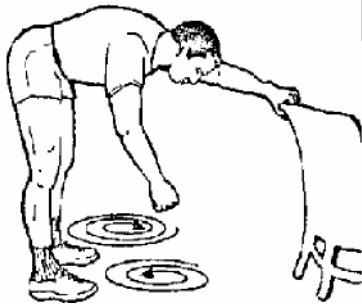
Perform exercises below frequently: 30 reps 3-5x a day



Grip Squeeze



Pendulum



Shoulder Shrugs

Ice x 10-15min 2-3 x per day

