



**SAD/ DCR WITH INTACT ROTATOR CUFF
POST-OP REHABILITATION PROTOCOL
SAMIR M. PATEL, MD**

**NOTE: If Biceps Tenodesis is completed, limit lifting to less than a can of soda x6 wks with NO resistive elbow flexion x6 wks.*

0-2 Weeks

POD #3 - Sling Discharged (even if Bicep Tenodesis is completed)
Initiate shoulder PROM - forward elevation, scaption, ER, & IR
Pendulum exercises
AROM of elbow, wrist, forearm and hand with elbow at side
Active scapular exercises (shrugs and retraction)
Grade I and II glenohumeral and scapulothoracic joint mobilization for pain control
Modalities PRN
Scar management following staple removal

3-4 Weeks

Continue above stretches
Initiate PROM - internal rotation, cross body adduction, and extension
Initiate AAROM for forward elevation and ER - progress to AROM as able
Grade II and III glenohumeral/scapulothoracic joint mobilizations
Modalities PRN

5-6 Weeks

Continue PROM all planes
Shoulder AAROM and AROM all planes
Scapular strengthening
Initiate theraband strengthening for shoulder IR, ER and extension as tolerated
Modalities PRN
No bicep strengthening until 6 weeks if bicep tenodesis performed

7-12 Weeks

Continue above stretches and strengthening
Initiate rotator cuff and deltoid strengthening
Initiate bicep strengthening if bicep tenodesis was performed
Bodyblade/plyometrics
Appropriate variable resistance and gentle free weight resistance exercises
Work hardening/sport-specific exercises as needed

Physician Signature

Date

3/7/2024

