

## **Accelerated Shoulder Protocol**

### **Small rotator cuff tears and isolated biceps tenodesis**

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#### **PHASE I (WEEK 0 – 2) IMMEDIATE POST SURGICAL PHASE**

##### **Goals**

- Maintain integrity of repair
- Gradually increase PROM
- Decrease pain and inflammation
- Prevent muscular inhibition

##### **Precautions**

- No lifting
- No excessive behind-the-back movements
- No supporting body weight with hands/arms
- No sudden jerking movements

##### **Sleeping**

- Sleep in sling/brace

#### **PHASE II (WEEK 2 – 4) PROTECTION PHASE**

##### **Goals**

- Allow healing of soft tissue
- Do not overstress healing tissue
- Gradually restore full PROM (Goal by week 3-4)
- Re-establish dynamic shoulder stability
- Decrease pain and inflammation

##### **Week 2-4**

- Continue use of ice as needed
- Gradually progress to full PROM
- May use heat prior to ROM
- Continue use of sling until end of week 4 (Dr. Arthur discretion)
- Initiate AAROM and stretching exercises (supine with therapist supporting arm)

##### **Week 4-6**

- May use heat prior to exercises

- Continue AAROM and stretching exercises
- Initiate AROM exercises

### **PHASE III (WEEK 4 – 8) INTERMEDIATE PHASE**

#### **Goals**

- Full AROM (week 6-8)
- Maintain full PROM
- Dynamic shoulder stability
- Gradual restoration of shoulder strength and power
- Gradual return to functional activities

#### **Therapeutic Exercises**

- Continue stretching and PROM as needed to maintain ROM
- Continue dynamic stabilization
- Continue above exercises
- May progress to light functional activities

### **PHASE IV (WEEK 8 – 12) ADVANCE STRENGTHENING PHASE**

#### **Goals**

- Maintain full ROM
- Enhance functional use of limb
- Improve shoulder strength and power
- Gradual return to functional activities

### **PHASE V (WEEK 12 – 16) RETURN TO ACTIVITY PHASE**

#### **Goals**

- Gradual return to strenuous work activities
- Gradual return to recreational sports activities