

Dr Katherine Gordiev Rehabilitation Protocol Shoulder Rotator Cuff Repair/ Subpectoral Biceps Tenodesis

The intent of the following protocol is to provide physiotherapists and patients with a guideline for the post-operative rehabilitation course. It is not intended to be a substitute for clinical decision-making regarding the progression of a patient's post-operative course based on their specific procedure details, examination findings and individual circumstances.

Dr Gordiev will communicate with your physiotherapist regarding your surgery and the postoperative protocol. If clarification is required, please contact Dr Gordiev.

Review dates with Dr Gordiev post surgery are as required, but typically:

- 8-10 days
- 6 weeks
- 12 weeks
- 6 months

Weeks post surgery	Instructions/ Exercises	Restrictions
0-6 weeks	Wear sling at all times except for showering & performing exercises. Leave dressings intact & keep wounds dry until postop review. Pain relief: <ul style="list-style-type: none"> • Paracetamol every 6-8 hours • Long and / or short acting medications as prescribed • Application of ice sleeve for 7-10 days, then after exercise or for pain Exercises: <ul style="list-style-type: none"> • Postural / scapular retraction / Pendular • Passive full forward elevation w gravity assistance • Active Elbow flexion/ extension • Active wrist and finger range • Walking encouraged • Stationary bike permitted while wearing sling • Hydrotherapy from 4 weeks after surgery 	No driving Please do not do the following with the operated arm: <ul style="list-style-type: none"> • lift • reach • push • pull
6-12 weeks	Wean out of sling Commence driving Exercises: <ul style="list-style-type: none"> • Postural / scapular retraction • Active Elbow flexion/ extension • Active wrist and finger range • Passive shoulder range of motion • Walking and stationary bike encouraged • Hydrotherapy encouraged • Internal rotation behind back & cross body adduction • Do not commence therabands during this time 	Avoid loading shoulder May use hand with elbow by side Continue to avoid active assisted and antigravity repetitive use or exercise.
From 12 weeks	Progressive strengthening Therabands commence Resistance exercises Work and sport specific rehabilitation	Ensure loading is graduated