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After Surgery Rehabilitation Plan

Follow the dates below for your rehab. Each exercise should be done 3 times per day, at least 10 times for each movement. Stretching exercises (3,4,5) should be performed by going to the point where you feel the stretch and holding it for 10 seconds, then repeat the movement. Once strengthening begins, the stretching is continued but the Basic exercises (2) may be discontinued. DO NOT begin each chapter until the specific date provided below. View these exercises:

IMPORTANT DATES: **PROTOCOL:** _____ **PATIENT:** _____

_____ **Surgery Date**

_____ **1. Sling Removal Date**

On this date the sling is removed completely with no further need for it

*Formal physical therapy with a therapist can begin on this date

Day after surgery

_____ **2. Begin Basic Exercises**

Remove the sling 3 to 4 times per day for shower and exercises

Lifting is allowed with arm/elbow at side - up to 2 pounds, or equivalent to a glass of water.

Typing and writing are allowed as tolerated, keeping the arm at the side

***If you had a biceps tenodesis limit the elbow motion (arm up and down at the side) to only that needed

_____ **3. Begin Stick Rotation/Passive External Rotation**

Note: 30 degrees (1/3 of the way out) or As tolerated (full)

_____ **4. Begin Table Slides**

_____ **5. Begin Rope & Pulley**

Note: At this time External Rotation (stick exercise) should be full if not already allowed

Motion at this point should start passive and then progress to active-assist

_____ **6. Begin Strengthening or Slow progression of activities**

Note: Strengthening begins with elastic bands and can progress to weights as tolerated

_____ **7. Full Activities as tolerated**

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