

REHABILITATION FOLLOWING TENEX OF ROTATOR CUFF

This protocol is designed to be general guideline and can be adjusted with respect to age, size of lesion, overall patient health, and history of injury.

I. POST TENEX (Week 1)

Goals: Protect healing tissue
Decrease pain
Retard muscular atrophy
Protect injection site – allow healing
All exercise should be pain free

NO ICE/NSAIDs (Motrin/Alleve/Ibuprofen/Naproxen/Advil, etc.) for 1 week before and 2 weeks after procedure. Tylenol (acetaminophen is OK)

No lifting > 5 lbs for the first two weeks, then 15 pounds for the subsequent two weeks. Can use a sling for comfort but only for 3-5 days.

A. Day 1 - 7

ROM: ROM of the scapula and Shoulder,
Pendulum exercises
Table slides
Exercise should not increase pain/ discomfort

Exercises: Limited strengthening in this week

Modalities: **TYLENOL only** for pain/ discomfort as needed. Soft tissue mobilization.

Avoidance Program: No lifting more than 5 pounds

II. POST TENEX (Week 2-3)

Goals: Gradual increase to Pain free ROM * no over pressure
Promote healing of tissue
Regain and improve muscular strength
Do not over stress healing tissue

A. Day 8 - 15

ROM: Continue ROM exercise of shoulder and scapula

Exercises: Isotonic scaption, shoulder internal and external rotation

Modalities: As needed to control pain and edema IFC, MHP, Cryotherapy, soft tissue mobilization

Avoidance Program: No lifting more than 5 pounds

B. Day 15 - 23

ROM: Continue ROM exercise as above

Exercise: Progress isotonic strengthening

Avoidance Program: No lifting more than 15 pounds

III. POST TENEX (week 4 - 7)

Goals: Increase strength, power, endurance
Gradual increase applied stress
Full Shoulder ROM
Minimal to no swelling / inflammation
Dynamic stabilities advanced through strengthening exercises.

ROM: Progress to AROM WFL (No resistance)

Exercise: Progress intensity of isotonic strengthening
Begin joint integrated strengthening such as chest press and rows

Avoidance Program: No further weight lifting restrictions, however, should avoid repetitive lifting above shoulder level

IV. ADVANCED STRENGTHENING (Week 8 - 12)

Criteria for entering Advance strengthening

- 1) Full ROM
- 2) Shoulder strength at least 75% compared to the contralateral side
- 3) No pain or effusion

Goals: Increase strength, power, endurance
Gradually initiate sport/work specific activities