

Shoulder / Rotator Cuff Tendinopathy Tenotomy Rehabilitation Protocol

Phase of Healing	Time Frame	Restrictions	Rehabilitation
Phase 1: Inflammatory	Days 0-5	<ul style="list-style-type: none"> <li>- No use of NSAIDs or ice</li> <li>- Sling for first 3 days, including during sleep, then wean out</li> <li>- No sleeping on procedure side</li> <li>- No lifting over 5 pounds</li> <li>- Avoid overhead activities</li> <li>- May return to work the day after procedure if tolerated</li> </ul>	<ul style="list-style-type: none"> <li>- Rest</li> <li>- Acetaminophen as needed for pain</li> <li>- Begin gentle ROM (pendulum exercises)</li> </ul>
Phase 2: Proliferative	Day 6 - Week 2	<ul style="list-style-type: none"> <li>- No use of NSAIDs or ice</li> <li>- No sleeping on procedure side</li> <li>- No lifting over 10 pounds</li> <li>- Avoid overhead activities</li> <li>- Avoid painful exercises with pain more than 3 out of 10</li> </ul>	<ul style="list-style-type: none"> <li>- Continue gentle ROM exercises</li> <li>- Begin isometric exercises</li> </ul>
	Weeks 2 - 4	<ul style="list-style-type: none"> <li>- No use of NSAIDs or ice</li> <li>- No lifting over 20 pounds</li> <li>- Avoid painful exercises with pain more than 3 out of 10</li> </ul>	<ul style="list-style-type: none"> <li>- Continue gentle ROM exercises as needed to regain full ROM</li> <li>- Start shoulder strengthening exercises</li> </ul>
	Weeks 4 - 6	<ul style="list-style-type: none"> <li>- No lifting over 20 pounds</li> <li>- Avoid painful exercises with pain more than 3 out of 10</li> </ul>	<ul style="list-style-type: none"> <li>- Progressive strengthening exercises</li> </ul>
Phase 3: Remodeling	Weeks 6+	<ul style="list-style-type: none"> <li>- Activities as tolerated</li> </ul>	<ul style="list-style-type: none"> <li>- Continue strengthening program and progressive loading</li> <li>- Begin sport specific activities</li> </ul>

NSAID (Nonsteroidal anti-inflammatory drug); ROM range of motion