

Burke & Bradley Orthopedics

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Physical Therapy

Surgery	Passive Exercises*	Physical Therapy Start	Physical Therapy End**	Continued Strengthening (Home Exercise Program)
Rotator Cuff Repair	10-14 Days	5 Weeks	3 Months	9-12 Months
Knee Arthroscopy	Post-op Day 1	1 Week	4-8 Weeks	3-6 Months
ACL Reconstruction		1 Week	3-6 Months	6-12 Months
Labrum repair	None	4 Weeks	3 Months	6-8 Months
Total Knee Replacement		Post-op Day #2	3-4 Months	9-12 Months
Biceps Tenodesis	10-14 Days	5 Weeks	3 Months	6-8 Months
Meniscus Repair	1 Week	1 Month	3 Months	3-5 Months
Subacromial Decompression	2 Weeks	3 weeks	3 Months	3-5 Months

Initial exercises will begin when informed by Physician or post-op instruction sheet.

**Dependant on individual insurance benefits and average recovery times. **