

ROTATOR CUFF REPAIR AND BICEPS TENODESIS

REHABILITATION PROTOCOL

	RANGE OF MOTION	SLING	EXERCISES
PHASE I 0-2 weeks	0-2 weeks: Gentle PROM Passive elbow flexion, active extension	Worn at all times, day and night** Off for hygiene and home exercises according to instruction sheets	0-2 weeks: hand/wrist ROM, grip strengthening and pendulums at home only Elbow PROM okay *Avoid active elbow flexion, resisted supination, and eccentric load on biceps until 6 wks *Lower body, core, and gentle stationary bike okay as tolerated if in sling and not using arm
PHASE II 2-4 weeks	Begin shoulder PROM up to 90° FE, 45° ER, 20° extension, 45° abduction, 45° ABER Continue elbow ROM above	Sling worn daytime only**	Begin PROM as tolerated, Codman's, posterior capsule mobilizations, closed chain scapular stabilizations; avoid stretch of anterior capsule and extension *No resisted elbow flexion or supination, eccentric load on biceps until 6 wks
PHASE III 4-12 weeks	Begin AAROM/AROM-advance to 140° forward elevation, 135° abduction, 90° ABER, 45° ABIR Progress to AAROM and AROM at elbow after 6 weeks	4-6 weeks: Worn only during day, during activity, to protect biceps**	Continue phase II exercises; begin active-assisted exercises, resistive exercises for scapular stabilizers, triceps, and rotator cuff 8wks: Deltoid/rotator cuff isometrics, start biceps resistance exercises
PHASE IV 12-16 weeks	Gradual return to full AROM	None	Advance activities in Phase III; emphasize external rotation and latissimus eccentrics, glenohumeral stabilization Begin muscle endurance activities (upper body ergometer) Cycling/running as tolerated at 12 weeks
PHASE V 4-6 months**	Full and pain-free	None	Aggressive scapular stabilization and eccentric strengthening; scapular perturbation Advance therabands and dumbbells as tolerated Begin plyometric, throwing/sports related program, continue with endurance activities Maintain ROM and flexibility
PHASE VI; 6-8 months	Full and pain-free	None	Progress Phase V activities, return to full activity as tolerated

*If a distal clavicle excision is performed, cross body adduction is restricted until 8 weeks post-op

**May remove sling if arm is supported on chair/desk/table (ie desk work, eating) or if cognizant of protecting biceps

**Patient protocols may vary. Please follow patient-specific script if modified