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Sports Medicine & Shoulder Surgery

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**Arthroscopic Rotator Cuff Repair w/ or w/out Biceps Tenodesis
Rehabilitation Protocol**

Evaluate and Treat per therapist plan 1-2 times/week for 6-8 weeks. Please contact the office for renewal as needed.

EARLY POST OP (0-2 WEEKS):

GOALS:

Pain and swelling control

Begin passive motion program

EXERCISES/RESTRICTIONS

Rest, ice to affected shoulder

Continue sling at all times except for bathing

May use arm to assist w/ typing, writing and eating

Passive forward flexion to 120

Passive external rotation to 30

Scapula isokinetics

Pendulum exercises

No active elevation of arm

No lifting of objects with arm

PHASE I (2-6 weeks)

GOALS:

Healing of repair

Restoration of passive ROM

EXERCISES/RESTRICTIONS:

May remove sling only for bathing and sleep

May use arm to assist w/ typing, writing and eating

Passive forward flexion to 120

Passive external rotation to 30

Scapula isokinetics

Pendulum exercises

No active elevation of arm

No lifting of objects with arm

PHASE II (6-12 WEEKS):

GOALS:

Full ROM

EXERCISES/RESTRICTIONS:

Discontinue sling

Modalities for pain control

Passive/Active ROM

Biceps/Triceps strengthening

Scapular stabilization program

Pulleys OK
Teach home program

PHASE III (12-18 WEEKS):

GOALS:

Full ROM

Strength to 90% compared to other side

EXERCISES/RESTRICTIONS:

Begin cuff strengthening program

Continue with aggressive PT

Modalities for pain control

Passive/Active ROM, pulleys

Scapular stabilization program

Rotator cuff program with weights

Teach home program

PHASE IV (>18 weeks)

GOALS: Return to activities

EXERCISES/RESTRICTIONS:

Advance to activity/sport specific exercises