

**Arthroscopic Rotator Cuff repair w/Biceps Tenodesis Rehabilitation Program**

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**Diagnosis:** Right / Left RTC Repair w/Biceps Tenodesis \_\_\_\_\_

**Date of Surgery:** \_\_\_\_\_

**Weeks 0-3 (Phase I):**

- »» Sling in neutral rotation (padded abduction sling)
- »» Codman/Pendulum exercises, elbow and wrist ROM
- »» Wrist and elbow ROM, grip strengthening

**Weeks 3-6 (Phase II):**

- »» D/C sling after 3-4 weeks per therapist instruction
- »» True PROM only for the shoulder! The rotator cuff tendon needs to heal back into the bone
- »» Shoulder ROM goals: 140° FF/40° ER at side; ABD max 60-80° without rotation
- »» No resisted motions of shoulder until 12 weeks post-op
- »» PROM → AAROM → AROM of elbow without resistance. This gives biceps tendon time to heal into new insertion site on humerus without being stressed
- »» Encourage pronation/supination of forearm without resistance
- »» Begin AROM for elbow in all directions with passive stretching at end ranges to maintain or increase biceps/elbow flexibility and ROM
- »» Grip strengthening
- »» No canes/pulleys with the shoulder until 6 weeks post-op, because these are active-assist exercises
- »» Heat before PT, ice after PT per therapist's discretion

**Weeks 6-12 (Phase III):**

- »» Begin AAROM → AROM as tolerated
- »» Goals: Same as above, but can increase as tolerated
- »» Light passive stretching at end ranges
- »» Begin scapular exercises, PRE's for large muscle groups (pecs, lats, etc)
- »» At 8 weeks, can begin strengthening/resisted motions for the rotator cuff
- »» Isometrics with arm at side beginning at 6 weeks

**Months 3-12 (Phase IV):**

- »» Advance to full ROM as tolerated with passive stretching at end ranges
- »» Advance strengthening as tolerated: isometrics → bands → light weights (1-5 lbs); 8-12 reps/2-3 sets per rotator cuff, deltoid, and scapular stabilizers
- »» Only do strengthening 3x/week to avoid rotator cuff tendonitis
- »» Begin eccentrically resisted motions, plyometrics (ex. Weighted ball toss), proprioception (es. body blade)
- »» Begin sports related rehab at 4 ½ months, including advanced conditioning
- »» Return to throwing at 6 months
- »» Throw from pitcher's mound at 9 months
- »» Collision sports at 9 months
- »» MMI is usually at 12 months post-op