
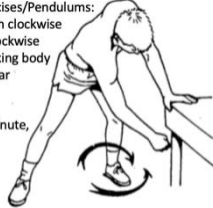



**ROTATOR CUFF REPAIR + BICEPS TENODESIS PHYSICAL THERAPY PROTOCOL**

Recommend 2-3x/week for 8 weeks  
Please contact office for renewal as needed

<p>Days 0-7</p>	<p><b>Wrist flexion and extension:</b></p>  <p>Gently bend your wrist back and forth.</p> <ul style="list-style-type: none"> <li>• 3 home exercises provided above: perform each exercise for 1-2 minutes, 3-4x/day</li> <li>• No active elbow flexion or supination!</li> <li>• Patient to remain in sling for 6 weeks AT ALL TIMES (except for personal hygiene)</li> </ul> <p><b>Codman's Exercises/Pendulums:</b> Let arm move in clockwise and counter-clockwise motion, by rocking body weight in circular motion. Do this for 1 minute, 3x/day.</p>  <p><b>Elbow flexion and extension:</b></p>  <p>With palm either up or thumb down, gently bend the elbow as far as possible, then straighten out as far as possible</p>
<p>Weeks 1-6</p>	<ul style="list-style-type: none"> <li>• True PROM only! The rotator cuff tendon is healing back to the bone</li> <li>• ROM goals: 90° FF / 40° ER at side; ABD max 60-80° without rotation</li> <li>• No active elbow flexion/supination until 4 weeks post-op             <ul style="list-style-type: none"> <li>• (PROM and AAROM elbow from 0-4 weeks; maintain only PROM with shoulder)</li> </ul> </li> <li>• Grip strengthening, Table slides</li> <li>• Heat before PT / Ice after PT</li> <li>• No resisted motions of the shoulder until 12 weeks post-op!</li> <li>• No canes/pulleys until 6 weeks post-op, because these are active assist exercises</li> </ul>
<p>Weeks 6-12</p>	<ul style="list-style-type: none"> <li>• Begin AAROM</li> <li>• Advance to AROM as tolerated</li> <li>• ROM goals: same as above; but can increase as tolerated</li> <li>• Light passive stretching at end ranges</li> <li>• Begin scapular exercises, passive resistance exercise for large muscle groups (pecs/lats/etc.)</li> <li>• Isometrics with arm at side beginning at 8 weeks</li> </ul>
<p>Months 3-12</p>	<ul style="list-style-type: none"> <li>• Advance to full ROM as tolerated with passive stretching at end ranges</li> <li>• Advance strengthening as tolerated → bands → light weights (1-5 lbs for 8-12 reps / 2-3 sets for rotator cuff, deltoid and scapular stabilizers)</li> <li>• Only do strengthening 3x/week to avoid rotator cuff tendinitis</li> <li>• Begin eccentrically resisted motions, plyometrics, proprioception</li> <li>• Begin sports-related rehab at 4.5 months, including advanced conditioning</li> <li>• Return to throwing at 6 months, throw from pitcher's mound at 9 months</li> <li>• Collision sports at 9 months; MMI usually at 9-12 months post-op</li> </ul>