



TJ Ridley, MD

Phone: 763-717-4120 | Website: TJRidleyMD.com | Instagram: @dr._ridley

Arthroscopic Rotator Cuff Repair (+Subscapularis) with Bicep Tenodesis Protocol

Phase / Goals	Immobilization	ROM	Therapeutic Exercises
Phase 1 (week 0-2) Goals: <ul style="list-style-type: none"> • Edema and pain control • Pain free passive range of motion to limitations above 	<ul style="list-style-type: none"> • Ultra-sling use full time x 6 weeks 	<ul style="list-style-type: none"> • PROM <ul style="list-style-type: none"> ○ ER: 20 ○ IR: to belt ○ FF: 90 ○ ABD: 40 • Full active wrist ROM • Passive elbow ROM for 3 weeks 	<ul style="list-style-type: none"> • Wrist and grip only • shoulder pinches/scapular retraction • Codman exercises at least 3 times a day x 5-10 mins in sling • No active elbow flexion or active supination for 3 weeks
Phase 2 (week 3-4) Goals: <ul style="list-style-type: none"> • Passive ROM to limits outlined • Protect RCR and BT 	<ul style="list-style-type: none"> • Ultra-sling use full time x 6 weeks 	<ul style="list-style-type: none"> • PROM <ul style="list-style-type: none"> ○ ER: 20 ○ IR: to belt ○ FF: 90 ○ ABD: 40 • Start AAROM to limits above • Begin elbow AROM wk 4 	<ul style="list-style-type: none"> • Resume above • Start gentle isometric exercises • Begin active elbow flexion wk 4
Phase 3 (week 5-6) Goals: Advance PROM	<ul style="list-style-type: none"> • Ultra-sling use full time x 6 weeks 	<ul style="list-style-type: none"> • PROM <ul style="list-style-type: none"> ○ ER: 40 ○ IR: to belt ○ FF: full ○ ABD: 90 • AAROM to limits above 	<ul style="list-style-type: none"> • Resisted elbow flexion <10lbs until 6 weeks • Continue isometric exercises

<p>Phase 4 (week 7-12) Goals:</p> <ul style="list-style-type: none"> • Full range of motion • 4/5 strength (rotator cuff and scapula stabilization) 	<ul style="list-style-type: none"> • D/C Sling 	<ul style="list-style-type: none"> • Start active range of motion (no shoulder shrugging) 	<p>Strength:</p> <ul style="list-style-type: none"> • Begin rotator cuff strengthening wk 9 • Begin light therabands • Start body blade at neutral • Posture control • Begin push-up progression <p>Aerobic:</p> <ul style="list-style-type: none"> • May start elliptical, treadmill at incline and progress to walk run x 30 mins • Start UBE w/o resistance
<p>Phase 5 (week 13-18) Goals:</p> <ul style="list-style-type: none"> • Full range of motion • Full strength • Normal pushups by wk #16 • Sport specific training at wk#16 • Start throwing program at wk#16 	<ul style="list-style-type: none"> • D/C Sling 	<ul style="list-style-type: none"> • Continue Full A/PROM 	<p>Strength:</p> <ul style="list-style-type: none"> • Progress pushups • Body blade at multiple angles • Unrestricted therabands in all planes • Continue rotator cuff strengthening • Can return to full sport @ 6 month mark <p>Aerobic:</p> <ul style="list-style-type: none"> • Continue progression to running on treadmill • Rowing machine, Versiclimber

RETURN TO FULL ACTIVITY CRITERIA:

- Functional, pain free active range of motion, maximized strength, proper scapulothoracic mechanics