



TJ Ridley, MD

Phone: 763-717-4103 | Website: TJRidleyMD.com | Instagram: @dr._ridley

Large to Massive Rotator Cuff Repair with Bicep Tenodesis Protocol

Phase / Goals	Immobilization	ROM	Therapeutic Exercises
Phase 1 (week 0-3) Goals: <ul style="list-style-type: none"> • Edema and pain control • Protect Repair 	<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: neutral ○ IR: None ○ FF: 45 ○ ABD: none • Full active hand, wrist, elbow ROM 	<ul style="list-style-type: none"> • Hand, Wrist, Elbow and Cervical • Gentle Codman's/pendulums • Recommend only 1 PT session within first 2 weeks
Phase 2 (week 4-6) Goals: <ul style="list-style-type: none"> • Begin PROM • Protect repair 	<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: Neutral ○ IR: to belt ○ FF: 90 ○ ABD: 65 	<ul style="list-style-type: none"> • Codman exercises at least 3 times a day x 5-10 mins • Shoulder pinches/scapular retraction • Table slides
Phase 3 (week 7-9) Goals: <ul style="list-style-type: none"> • Advance PROM • Protect repair 	<ul style="list-style-type: none"> • Wean from sling 	<ul style="list-style-type: none"> • PROM <ul style="list-style-type: none"> ○ ER: 20 ○ IR: to belt ○ FF: full ○ ABD: 90 • AAROM to limits above 	<ul style="list-style-type: none"> • Begin resisted elbow flexion and supination • Start gentle isometric exercises • Shoulder pinches/scapular retraction
Phase 4 (week 10-12) Goals: <ul style="list-style-type: none"> • Advance range of motion • Begin Active ROM 	<ul style="list-style-type: none"> • No Sling 	<ul style="list-style-type: none"> • PROM <ul style="list-style-type: none"> ○ ER: 40 ○ IR: to belt ○ FF: full ○ ABD: full • AROM to limits above 	<ul style="list-style-type: none"> • Continue isometric exercises • Soft tissue and joint mobilization • Posture control

<p>Phase 5 (week 13-18) Goals:</p> <ul style="list-style-type: none"> • Full ROM • 4/5 strength (rotator cuff and scapula stabilization) 	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • Advance full PROM and AROM as tolerated 	<p>Strength:</p> <ul style="list-style-type: none"> • Begin rotator cuff strengthening • Begin light therabands • Start body blade at neutral • 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 6 (week 19+)</p> <ul style="list-style-type: none"> • Full ROM • Full strength • Normal pushups by wk #20 • Sport specific training at wk#20 	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • Full ROM • Continue stretching and mobilization as needed 	<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 @ 7 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