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Rotator Cuff Repair + Bicep Tenodesis Rehab Protocol

Phase / Goals	Immobilization	ROM	Therapeutic Exercises
Phase 1 (week 0-2) Goals: <ul style="list-style-type: none"> Pain free passive range of motion 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: 45 IR: 30 FF: 90 ABD: 90 Full active hand, wrist, elbow ROM 	<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 resisted elbow flexion or supination for 6 weeks
Phase 2 (week 3-4) Goals: <ul style="list-style-type: none"> Passive ROM to limits outlined 	<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: 45 IR: 30 FF: 90 ABD: 90 Start AAROM to limits above 	<ul style="list-style-type: none"> Resume above Start gentle isometric exercises No resisted elbow flexion or supination for 6 weeks
Phase 3 (week 5-6) Goals: <ul style="list-style-type: none"> Full PROM by 6 week mark 	<ul style="list-style-type: none"> Ultra-sling use full time x 6 weeks 	<ul style="list-style-type: none"> Progress to full PROM Progress AAROM to full 	<ul style="list-style-type: none"> No resisted elbow flexion or supination for 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) 	<ul style="list-style-type: none"> • Strength: <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 • Aerobic: <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"> • Restore strength 	<ul style="list-style-type: none"> • D/C sling 	<ul style="list-style-type: none"> • Continue full A/PROM in all directions • Joint mobilization grades 3 or 4 	<ul style="list-style-type: none"> • Strength: <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 • Aerobic: <ul style="list-style-type: none"> ○ Continue progression to running on treadmill ○ Rowing machine, Versiclimber

CRITERIA FOR RETURN TO FULL ACTIVITY:

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

PRECAUTIONS:

None