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

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

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

**RETURN TO FULL ACTIVITY CRITERIA:**

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