

Rehabilitation Protocol

Dr. Sara Edwards



ARTHROSCOPIC ROTATOR CUFF REPAIR/ BICEPS TENODESIS

**Ultra-Sling for 6 Weeks*

PHASE 1 (Passive)

WEEK 1-4

Hand wrist & elbow motion x 4 weeks

WEEKS 2-4

- Pendulums to warm-up (Modified pendulums with elbow flexed @ 90 degrees if biceps tenodesis)

WEEKS 5-6

- Passive Range of Motion
- Supine External Rotation- Full (Exception: Subscapularis Repair, ER to 0 degrees for 6 weeks)
- Supine Forward Elevation- Full
- Internal Rotation- Full

PHASE 2 (Active)

WEEK 7-8

- Pendulums to warm-up
- Active Range of Motion with passive stretch to prescribed limits
- Supine-Seated External Rotation-Full
- Supine-Seated Forward Elevation-Full
- Internal Rotation-Full
- Closed chain scapular control exercises; progress to open chain

PHASE 3 (Resisted)

WEEK 9

- Pendulums to warm up and continue with Phase 2
- External and Internal Rotation
- Standing forward punch
- Seated rows
- Shoulder Shrugs
- Bicep Curls
- Bear Hugs

WEIGHT TRAINING

WEEK 10

- Keep hands within eyesight, keep elbows bent
- Minimize overhead activities
- (No Military press, pull downs behind head, or narrow-grip bench)

Return to Activities

Golf (chip & put only)	8 Weeks
Tennis	12 Weeks
Contact Sports	3-4 Months