



Arthroscopic Rotator Cuff Repair - Conservative/Biceps Tenodesis

Name _____ DOS: _____
 Dr. Petre _____ DX: _____

I= Do exercise for that week

Week

ROM	Phase I – Maximal Protection	1	2	3	4	5	6	7	8	9	10	13	17	21	25
	Passive Range of Motion (PROM)														
Restrictions FE: 120* wk 3 ER: 30* wk 3 IR: to belly ABD: 90* wk 3 Full PROM at 5 wks Begin full AROM: 6-7 weeks Sling 6-7 weeks	DATE														
	Scapular Retraction-Depression	•	•	•	•	•	•								
	Cervical ROM Exercises	•	•	•	•	•	•								
	Elbow/Hand/Wrist ROM	•	•	•	•	•	•								
	Pendulums			•	•	•	•								
	Aqua Therapy for Gentle AAROM					•	•								
	Ankle Pumps to prevent DVT's	•	•	•	•	•	•								
	Passive ROM														
	External Rotation			30	•	•	•	•	•	•	Continue PROM until full ROM is achieved.				
	Forward Elevation & Scaption			120	•	•	•	•	•	•					
T.E.D. Hose 2 weeks to prevent DVT's Time Lines Week 1 (POD 1-7) Week 2 (POD 8-14) Week 3 (POD 15-21) Week 4 (POD 22-28) X= Biceps Tenodesis No Resisted Elbow Flexion for 6 weeks	Abduction			90	•	•	•	•	•	•	Begin Internal Rotation gently as this will stretch the rotator cuff repair.				
	Internal Rotation to Belt Line			•	•	•	•	•	•	•					
	Internal Rotation					•	•	•	•	•					
	Phase II-Minimal Protection	1	2	3	4	5	6	7	8	9	10	13	17	21	25
	Active Range of Motion (AROM)														
	Active Assist ROM														
	Internal & External Rotation					•									
	Forward Elevation & Scaption					•									
	Isometrics-Light														
	Internal/External Rotation							•	•						
	Biceps/Triceps**							•	•						
	Active ROM														
	Side/lying External Rotation					•	•	•	•	•	•	•	•		
	Forward Elevation & Scaption (lawn chair progression)					•	•	•	•	•	•	•	•		
	Salutes (lawn chair progression)					•	•	•	•	•	•	•	•		
	Prone Horizontal Abduction w/ ER							•	•	•	•	•	•		
	Prone Lower Traps to 60							•	•	•	•	•	•		
	Prone Extensions with ER					•	•	•	•	•	•	•	•		
	Open Chain Proprioception					•	•	•	•	•	•	•	•		
	Low Load Prolonged Stretches														
	Door Jam Series								•	•	•	•	•	•	•
	Towel Internal Rotation								•	•	•	•	•	•	•
	Cross Arm Stretch									•	•	•	•	•	•
	Sleeper Stretch										•	•	•	•	•
	TV Watching Stretch					•	•	•	•	•	•	•	•	•	•
	90/90 External Rotation Stretch							•	•	•	•	•	•	•	•
Activities of Daily Living (ADL's)		1	2	3	4	5	6	7	8	9	10	13	17	21	25
	Eating/Drinking (Elbow motion ok)							•	•	•	•	•	•	•	•
	Dressing							•	•	•	•	•	•	•	•
	Washing/Showering							•	•	•	•	•	•	•	•
	Computer with supported arm	•	•	•	•	•	•	•	•	•	•	•	•	•	•
	Driving				•	•	•	•	•	•	•	•	•	•	•
	Lifting up to 5 lbs.					•	•	•	•	•	•	•	•	•	•
	Overhead Activity							•	•	•	•	•	•	•	•
	Lifting greater than 5 lbs.								•	•	•	•	•	•	•

The intent of this protocol is to provide guidelines for progression of rehab. It is by no means intended to serve as a substitute for clinical decision making. Progression through each phase of rehab is based on clinical criteria and time frames as appropriate. It is important that each phase of rehab is mastered prior to initiating the next phase to insure proper healing of repaired tissues.

Week															
Phase III: Initial Resistance Strengthening & Proprioception	1	2	3	4	5	6	7	8	9	10	13	17	21	25	
External Rotation									●	●	●	●	●	●	
Internal Rotation									●	●	●	●	●	●	
Punches with a Plus									●	●	●	●	●	●	
Sport Cord Rows									●	●	●	●	●	●	
Prone Lower Trap									●	●	●	●	●	●	
Bicep Curls									●	●	●	●	●	●	
Triceps Extensions									●	●	●	●	●	●	
Initial Push-up Plus									●	●	●	●	●	●	
Initial Closed Chain Stability									●	●	●	●	●	●	
Phase IV: Advanced Resistance Strengthening & Proprioception	1	2	3	4	5	6	7	8	9	10	13	17	21	25	
External Rotation at 45											●	●	●	●	
Bear Hugs											●	●	●	●	
External Rotation at 90											●	●	●	●	
Statue of Liberty											●	●	●	●	
Advanced Push-up Plus													●	●	
Advanced Closed Chain Stability													●	●	
PNF with Resistance											●	●	●	●	
Decelerations															
Plyometric External Rotation															
Phase IV: Weight Lifting in Gym and Return to Sports	1	2	3	4	5	6	7	8	9	10	13	17	21	25	
CRITERIA: FULL PAINFREE MOTION AND FULL ROTATOR CUFF STRENGTH RESTORED NO LAT PULLS BEHIND BACK, OR WIDE GRIP BENCH PRESS															
Skiing													●	●	
Throwing Progression													Check with MD		
Overhead and Serving Sports (tennis, volleyball, golf)															
Contact Sports (football, hockey, lacrosse)															
Swimming													●	●	

These protocols were originally developed by The Steadman Clinic and Howard Head Sports Medicine in Vail, CO
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