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## Rotator Cuff Repair / Biceps Tenodesis Rehab Protocol

## Range of Motion (ROM)

PROM: AROM:

Sling Use (while not in PT)

## Weight Bearing Status

TDWB x 6 weeks

## TIME LINES

Week 1(Day 1-7) Week 2(Day 8-14) Week 3(Day 15-21) Week 4(Day 22-28)

X = Perform exercise	Week													
Early Therapy	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Pendulums	Х	Χ	Χ	Х	Х	Χ								
Cervical, Elbow, Wrist, Finger ROM	Х	Χ	Χ	Χ	Χ	Χ								
Ball Squeeze	Х	Χ	Х	Χ	Χ	Χ								
Scapular Retraction/Depression	Х	Χ	Χ	Χ	Χ	Χ								
Ankle Pumps	Х	Χ	Χ	Χ	Χ	Χ								
Passive Range of Motion (PROM)	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Forward Elevation					Χ	Χ	Х	Х	Χ	Χ				
External Rotation					Χ	Χ	Χ	Χ	Χ	Χ		.OM d		
Internal Rotation					Χ	Χ	Χ	Χ	Χ	Χ		,		
Active ROM (AROM)	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Forward Elevation								Χ	Χ	Χ	Χ	Χ	Χ	
External Rotation								Χ	Χ	Χ	Χ			
Internal Rotation								Χ	Χ	Χ	Χ			
								Χ	Χ	Χ	Χ			
Balance squats										Χ	Χ	Χ	Χ	Х
Single leg deadlift										Χ	Χ	Χ	Χ	X
Leg press										Χ	Χ	Χ	Χ	Х
Sports Test exercises											Χ	Χ	Χ	X
Agility Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Running progression													Χ	Х
Initial – single plane													Χ	X
Advance – multi directional													Χ	Х
Functional sports test													Χ	Х
High Level Activities	1	2	3	4	5	6	7	8	9	10	12	16	24	28
Golf													Χ	Х
Outdoor biking, hiking													Χ	X
Skiing, basketball, tennis, football,														X
soccer														+
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