



Dr. Joshua Alpert
 Post-Operative Rehabilitation Protocol:
 Shoulder-Arthroscopic Rotator Cuff Repair
 with and without Bicep Tenodesis

	Sling	Range of Motion	Exercise	Precautions
PHASE I 0-6 weeks Goals: - maintain repair - do not overstress tissue - gradually increase passive ROM - reduce pain - prevent muscular inhibition	At all times except for hygiene and exercises	Passive ROM only - limit IR to 30° and ER to 60° in scapular plane - flexion as tolerated - limit IR behind back to beltline	Pendulum exercise supine FF as tolerated. ERN as tolerated. Scapular retraction IR behind back may start after 2 weeks. Passive ROM with PT is okay. Ball squeezes ROM for elbow, forearm, hand	- no active elevation for 6 weeks - no excessive shoulder extension, stretching or sudden movements - no supporting body weight with hands
PHASE II 6-12 weeks Goals: - maintain repair - Do not overstress tissue - gradually increase PROM & AROM to full - dynamic shoulder stability -scapulo-humeral rhythm	None	Gradually progress to full ROM in all planes	ER at 0°: Wall slide. IR behind back. Horizontal adduction. Hands behind head. ER at 90°: Abduction stretch. Sidelying IR at 90°. Overhead pulleys. AAROM elevation progressing to active elevation with scapulohumeral rhythm. Submax isometric IR/ER. Rhythmic stabilization. Proprioceptive drills. Dynamic exercises. Sidelying ER. Sidelying scaption. Prone row. Prone T. Prone extension. Standing scaption. Prone scaption.	- no resisted exercise - avoid exercises in coronal plane abduction

PHASE III 12-18 weeks	none	Maintain full ROM	ER at 90°: Abduction stretch. ER at 0°: wall slide. IR behind back. Horizontal adduction. Hands behind head. Theraband exercises: ER, IR, forward, punch shrug, dynamic hug, “w’s”, biceps curl, seated row Dynamic exercises: cont from phase 2. Limit resistance to max 3lbs. Proprioception drills. Scapulohumeral rhythm exercises.	Continue the same as above. No weight training.
PHASE IV 18-26 weeks	None	Full ROM without pain	Continue dynamic exercises and theraband exercises from phase 3. Continue previous stretches. Optional: theraband: add ‘T’s. diagonal up and down. Add prone ‘U’s	Return to sports: per surgeon - weight training per surgeon - avoid excessive force on the shoulder
PHASE V 26 weeks+	None	Full rom without pain	Continue stretches. Continue above plyometric exercises. Interval sports programs can begin	- weight training precautions

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