



## reno orthopedic center

### ROTATOR CUFF PROTOCOL WITH BICEPS TENODESIS

Name: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

Date of Surgery: \_\_\_\_\_

Frequency: 1 2 3 4 times / week      Duration: 1 2 3 4 5 6 Weeks

#### \_\_\_ Days 0 -- 7

- Patient to do Home Exercises given post---op (pendulums; ROM elbow, wrist, hand, grip strengthening)
- No active elbow flexion/supination
- Patient to remain in sling for 6 weeks AT ALL TIMES (except for personal grooming)

#### \_\_\_ Weeks 1 -- 6

- True PROM only! The rotator cuff tendon is healing back to the bone
- ROM goals: Max 90° FF / 40° ER at side; Abd max 60° without rotation
- No active elbow flexion/supination until 4 weeks post---op
  - (PROM and AAROM elbow from 0---4 weeks; maintain only PROM with shoulder)
- Grip strengthening
- Table slides
- Heat before PT / Ice after PT
- No resisted motions of the shoulder until 12 weeks post---op!
- No canes / pulleys until 6 weeks post---op, because these are active assist exercises

#### \_\_\_ Weeks 6 – 12

- Begin AAROM
- Advance to AROM as tolerated
- ROM Goals: Same as above, but can increase as tolerated
- Light passive stretching at end ranges
- Begin scapular exercises, passive resistance exercise for large muscle groups (pecs, lats, etc)
- Isometrics with arm at side beginning at 8 weeks

#### \_\_\_ Months 3 – 12

- Advance to full ROM as tolerated with passive stretching at end ranges
- Advance strengthening as tolerated: isometrics ---> bands ---> light weights (1---5 pounds) with 8 – 12 reps / 2 – 3 sets for rotator cuff, deltoid and scapular stabilizers)
- Only do strengthening 3x/week to avoid rotator cuff tendonitis
- Begin eccentrically resisted motions, plyometrics (ex. weighted ball toss), proprioception (ex. body blade)
- Begin sports related rehab at 4 ½ months, including advancing conditioning
- Return to throwing at 6 months
- Throw from pitchers mound at 9 months
- Collision sports at 9 months
- MMI usually at 9 – 12 months post---op

**Modalities/Other:**

Signature \_\_\_\_\_

Date: \_\_\_\_\_