

Bonnie P. Gregory, MD
ROTATOR CUFF REPAIR WITH OPEN BICEPS TENODESIS
REHABILITATION PROTOCOL

| | Range of Motion | Sling | Exercises/Strength |
|------------------------------------|---|-----------------------------|---|
| <i>PHASE 1</i> <i>Weeks 0-1</i> | Pendulums, elbow ROM, wrist/hand ROM | Remain in sling for 6 weeks | grip strengthening |
| <i>PHASE 2</i> <i>Weeks 1-6</i> | <p>True PROM only! ROM goals: 140° FF 40° ER at side ABD max 60-80° without rotation</p> <p>Encourage continued elbow ROM including pronation/supination</p> <p>At 4 weeks begin AROM at the elbow with passive stretching at end ranges of elbow motion</p> | Remain in sling for 6 weeks | <p>Grip strengthening</p> <p>No canes/pulleys until 6 weeks post-op, because these are active-assist exercises</p> <p>No resisted motions of shoulder until 12 weeks post- op</p> |

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| <p>PHASE 3 <i>Weeks 6-12</i></p> | <p>Begin AAROM → AROM as tolerated Goals: Same as above, but can increase as tolerated Light passive stretching at end ranges</p> | <p>Begin to wean from sling, use for comfort</p> | <p>Begin scapular exercises, PRE's for large muscle groups (pecs, lats, etc) At 8 weeks, can begin strengthening/resisted motions Isometrics with arm at side</p> |
| <p>PHASE 4 <i>Months 3-12</i></p> | <p>Advance to full ROM as tolerated with passive stretching at end ranges</p> | <p>None</p> | <p>Advance strengthening as tolerated: isometrics → bands → light weights (1-5 lbs); 8-12 reps/2-3 sets per 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 (es. body blade) Begin sports related rehab at 4 ½ months, including advanced conditioning</p> |

For any questions or concerns regarding the protocol or rehabilitation process please contact

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Specific restrictions/notes: