

Shoulder Rotator Cuff Repair and Biceps Rehab Protocols

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General Principles

- Focus on range of motion instead of any strengthening for first 12 weeks
 - Passive ROM until 6 weeks
 - Active ROM from 6-12 weeks
- Do not begin strengthening until full active ROM is obtained
 - Do not start strengthening until at least 12 weeks
- Encourage hand/wrist ROM and strengthening throughout
 - Stress ball use is encouraged

Rotator Cuff Repair Rehab

0-2 weeks

- Sling except during exercises
- Codman's
- Table slides
- No active range of motion

2-6 weeks

- Sling except during exercises
- ROM:
 - Start full passive ROM as tolerated

6-12 weeks

- Sling in public or ambulating distances
- ROM
 - Continue to encourage full passive ROM
 - Active ROM started
 - Emphasize ROM until active is equal to passive
- No strengthening until 12 weeks

12-16 weeks

- Strengthening started only with full pain-free active ROM
- May discontinue formal therapy when stable on home exercise program

16+ weeks

- No restrictions

Subscapularis Rotator Cuff Repair

0-2 weeks

- Sling with interval exercises
- ROM
 - Codman's
 - Table slides
 - No active ROM

2-6 weeks

- Sling with interval exercises
- ROM
 - Passive ROM to 140 degrees forward flexion, 40 degrees external rotation
 - No active ROM

6-12 weeks

- Sling only in public
- ROM
 - Passive ROM full
 - Start active ROM
 - Focus especially on active external rotation
 - NO active internal rotation against resistance

12-16 weeks

- Strengthening started only with full pain-free active ROM
- May discontinue formal therapy when stable on home exercise program

16+ weeks

- No restrictions
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Biceps Tenodesis

0-2 weeks

- Full AROM and PROM shoulder (unless rotator cuff repair performed at same time)
- No active elbow flexion
- No elbow flexion or forearm supination against resistance

2-6 weeks

- Full PROM and AAROM for elbow flexion (unless restricted from rotator cuff repair)
- No elbow flexion or forearm supination against resistance

6-12 weeks

- Full AROM and PROM
- Elbow flexion and supination with light resistance

12+ weeks

- No restrictions
- Strengthening if needed