

Shoulder Rotator Cuff Repair and Biceps Rehab Protocols

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Standard Rotator Cuff Repair Rehab

0-2 weeks

- Sling with interval exercises
- Codman's
- Table slides
- No active range of motion

2-6 weeks

- Sling with interval exercises
- ROM
 - Start full passive ROM as tolerated
 - 4 weeks: may progress from passive to active-assisted then active ROM if full passive ROM is obtained

6-12 weeks

- Sling in public or ambulating distances
- ROM
 - Continue to encourage full passive ROM
 - Active ROM started if not begun previously
 - Emphasize ROM until active is equal to passive
- May start gentle strengthening when full, pain-free active ROM is obtained

12-16 weeks

- Strengthening as necessary
- May discontinue formal therapy when stable on home exercise program

16+ weeks

- No restrictions

Continued below

Massive rotator cuff repair

0-2 weeks

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

2-6 weeks

- Immobilizer with interval exercises
- ROM
 - Passive ROM to 140 degrees forward flexion and abduction, full external rotation
 - No active ROM

6-10 weeks

- Sling when out of the house
 - May use arm only with elbow against body
- ROM
 - Full passive ROM
 - Start active-assisted shoulder ROM

10-16 weeks

- Sling no longer required
- ROM
 - Continue encouraging full passive and active-assisted ROM
 - Start active ROM

16+ weeks

- Strengthening may be started if full active ROM
- Continue therapy as needed based on symptoms
- No restrictions

Continued below

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+ weeks

- Strengthening may be started only with full, pain-free active ROM
- No restrictions
- Continue therapy or home exercise program PRN

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 PRN

Biceps Tenotomy

- No additional restrictions beyond other repairs