

## Arthroscopic Rotator Cuff Repair (RTC) with Biceps Tenodesis Rehab

You have had an arthroscopic rotator cuff repair, and therefore the rehabilitation is significantly different from patients that have had an open or mini-open procedure. Healing is a biologic process that must be respected and cannot be rushed. Please follow the instructions below for a successful outcome. Be prepared to work hard and be patient.

### Phase I – Immediate Post-Surgical Phase (Days 1-14)



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**Pendulums, Circular** - Bend forward 90 degrees at the waist, using a table for support. Rock body in a circular pattern to move arm clockwise 10 times, then counterclockwise 10 times. Do 3 sessions a day.

\*From the American Academy of Orthopaedics

#### Goals

1. Maintain integrity of the repair
2. Diminish pain and inflammation
3. Prevent muscular inhibition

#### Days 1-14:

- Sling
- Pendulum exercises 4x daily (flexion, circles)
- Hand gripping and ROM exercises – gentle elbow flexion **while supported by the opposite hand**
- Cryotherapy/ice for pain and inflammation – 15-20 min every hour
- Sleeping – sleep in sling or brace

#### Precautions to be maintained through Week 6:

1. Maintain arm in brace, remove only for exercise
2. No lifting of objects
3. No excessive shoulder motion
4. No excessive or aggressive stretching or sudden movements

5. No supporting of body weight by hands
6. No bimanual activities (pulling on pants/socks, etc.)
7. No elbow flexion while holding anything

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## **Phase II – Protection Phase (Weeks 3-6)**

### **Goals**

1. Allow healing of soft tissue
2. Do not overstress healing tissue
3. Decrease pain and inflammation

### **Weeks 3-6:**

- Continue pendulum exercises
- Continue use of ice as needed if still swollen
- Start formal PT around week 4 with PROM only
- **No Active-Assisted ROM (AAROM), or Active ROM (AROM)**

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## **Phase III – Intermediate Phase (Weeks 7-15)**

### **Goals**

1. Obtain full ROM
2. Dynamic shoulder stability

### **Weeks 7-10:**

- PROM (as needed to obtain full ROM)
- Start AAROM exercises (i.e., pulleys, etc.)
- Work on scapulo-humeral rhythm, peri-scapular strengthening (no push-ups plus)
- May use arm for light activities of daily living (ADL's)
- May begin gentle AROM

### **Weeks 11-15:**

- Continue AROM exercises as tolerated and begin RTC strengthening

## **Phase IV – Advanced Strengthening Phase (Weeks 16-23)**

### **Goals**

1. Maintain full non-painful ROM
2. Enhance functional use of upper extremity
3. Improve muscular strength and power
4. Gradual return to functional activities

### **Weeks 16-19:**

- Continue ROM and stretching to maintain full ROM
- Self capsular stretches
- Progress shoulder strengthening exercises

### **Weeks 20-23:**

- Continue all exercises listed above
  - Continue to perform ROM stretching, if motion is not complete
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## **Phase V – Return to Activity Phase (24+)**

### **Goals**

1. Return to strenuous work activities
2. Gradual return to recreational sports activities

### **Week 24+**

- Continue stretching, if motion is tight
- May initiate interval sport program (i.e., golf, tennis, etc.)