

PHYSICAL THERAPY PROTOCOL ACCELERATED ROTATOR CUFF REPAIR

**** No internal rotation or hyperextension for 6 weeks ****

Biceps Tenodesis- No lifting, pushing, pulling >5lbs for 6 weeks

WEEK 1:

- Pendulums
- ROM: elbow, wrist, and hand

WEEK 2:

- AAROM: scapular plane FE 0-130° (progress over 4 weeks)
- AAROM: scapular plane ER 0-30° (progress over 4 weeks)
- PROM: as above (gentle)
- Pulleys
- Scapula mobilization

WEEK 4:

- Begin to wean out of sling
- Isometric hold scapular plane elevation @30° (without resistance)
- AAROM: FE 130-180°, ER 30-60° (progress as tolerated weeks 4-6)
- Continue scapula training

WEEK 6:

- Discontinue sling
- AAROM: elevation and ER to tolerance, hyperextension, IR
- AROM: scapular plane elevation to 90°, supine shoulder flexion to 90°, side-lying ER
- ER/IR isometrics

WEEK 8:

- Begin advancing AROM to full ROM
- Begin FE/ER/IR bands, body blade; no weights

WEEK 12:

- May add weights to program
- Advance ER/IR strengthening
- Sport and occupation conditioning