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Arthroscopic Rotator Cuff Repair with Biceps Tenodesis

REHABILITATION PROTOCOL

PHASE	RANGE OF MOTION	IMMOBILIZER	THERAPEUTIC EXERCISE
Phase I **0–6 weeks** GOAL TO ADVANCE *Repair protected; pain controlled*	NO shoulder motion, passive or active. No reaching overhead or behind back. Elbow bending and palm-up turning passive only for 4 weeks, then active without resistance*	Sling with abduction pillow at all times, including sleep, except hygiene	Hand and wrist active ROM, passive elbow ROM, grip with arm relaxed, scapular mobility in sling, ice
Phase II **6–10 weeks** GOAL TO ADVANCE *Passive flexion 100-120°, ER 25-45°*	Passive with therapist: supine elevation 0-100°, seated ER 0-30°, table slides, pendulums. No active motion; no reaching behind back	Wean with physician clearance	Scapular retraction, elevation and depression out of sling. No weight bearing through the arm. No resisted elbow bending or lifting with the arm*
Phase III **10–18 weeks** GOAL TO ADVANCE *Active flexion >120° without shrug*	Week 10: active-assisted (cane) lying down → reclined (week 11) → upright (week 12). Active standing ER week 12; active elevation week 14	None	Weeks 14-18: gentle (submaximal) isometrics with arm at side, standing rows. Grade I-II joint mobilizations after week 10. Gentle biceps isometrics from week 12
Phase IV **18–22 weeks** GOAL TO ADVANCE *Full motion; pain-free strengthening*	Full motion expected. Stretching: pec, internal rotation with towel, cross-body, sleeper	None	Prone I/Y/T/W, band ER/IR, rows, punches, light biceps curls (start 1 lb, add about 1 lb per week), triceps. Lift ≤5 lb. No straight-arm side raises or "empty can"
Phase V **22–26 weeks** GOAL TO ADVANCE *4+/5 pain-free strength*	Full; more aggressive stretching if needed	None	ER/IR at 45° and 90° abduction, full can (1-2 lb), diagonal patterns, push-up progression. Lift ≤10 lb; no overhead lifting
Phase VI **26–30 weeks** GOAL TO ADVANCE *85-90% strength vs other side*	Full without discomfort	None	Gym program, work- and sport-specific training**

NOTES

*The biceps tendon is healing to its new attachment on the humerus; resisted elbow bending pulls on it

**If approved by physician