



Dr. Allen Rotator Cuff Repair Post-Op Rehabilitation Protocol

Large/Massive Sized Tear

With Open Biceps Tenodesis

Phase I: Maximal Protection (Weeks 0-6)

Weeks 0-2

- Dressings to remain in place until first PT session (POD #1-3)
- Sling at all times except hygiene and exercises
 - No lifting of any objects, no pushing your body up with your arms
 - No reaching behind your back or sudden jerking movements
- Wrist & hand ROM several times daily
- Cryotherapy every 15-30 minutes every 2 hours while awake
- Scheduled NSAIDs & Tylenol
- Opioids for break through pain (goal to wean by end of week 2)
- No PROM/AAROM/AROM except pendulums x2 weeks
- No active elbow motion (flexion/supination against resistance)*

Weeks 2-6

- First post-op visit at 2 weeks, sutures will be removed at this visit
- Sling at all times except hygiene and exercises
- Elbow, wrist, & hand ROM several times daily
- Cryotherapy
- Scheduled NSAIDs & Tylenol
- Scapular retractions, periscapular strengthening

- No AAROM/AROM
- PROM: Do not push PROM through pain
 - Pendulums, wands, & pulleys
 - Forward flexion to 90°
 - ER to 20° (scapular plane)
 - IR to 20° (scapular plane)
- No active elbow motion (flexion/supination against resistance)*

Phase II: Motion (Weeks 6-12)

Weeks 6-9

- Second post-op visit at 6 weeks, will wean from the sling after this visit
- Begin to regain motion in all planes (PROM → AAROM & AROM)
 - Forward flexion: 0-160°
 - External rotation in scapular plane: 0-60°
 - Internal rotation in scapular plane: 0-45°
 - IR/ER in 90° abduction: 0-30°
- Initiate gentle end range stretching (pain free)
- Advance shoulder isometric strengthening
- Scapular mobilizations
- Can begin active elbow flexion (no strengthening until week 8)*

Weeks 9-12

- Goal for full passive motion, advance active motion (full motion @ 12 weeks)



- Advance AROM with weight of arm in Scaption
- Continue shoulder and periscapular strengthening (neutral rows)
- Continue gentle end range stretching in all plans
- Initiate submaximal isometric rotator cuff strengthening (pain free)
 - FF, Abd, IR, ER, Ext
- Biceps strengthening

Phase III: Strengthening (Weeks 12-20)

Weeks 12-16

- Third post-op visit at 12 weeks
- Continue biceps strengthening
- Four quadrant stretching as needed
- Initiate RTC Isotonics
 - Light Theraband ER @ side
 - Prone rows/horizontal abduction
- Initiate proprioception and rhythmic stabilization
- Continue shoulder and periscapular strengthening (Ys/Ts/Ws)

Weeks 16-20

- Advance Theraband exercises
 - Begin/Advance “Throwers Ten” exercises
- PNF manual resistance exercises
- Initiate plyometric exercises (2→1 handed as tolerated)
- Initiate light sport @ 18 weeks (swimming, golf half swings, light ball toss)



-Maintain all motion

Phase IV: Sport Specific Training (Weeks 20-28)

- Fourth post-op visit at ~24 weeks (6 months)
- Advance sport/work/functional activity
- Initiate gentle return to throwing program @ 22 weeks
- Cleared for weight room @ 24 weeks
- Progress golf (half swings → full swings → irons → woods)

Phase V: Sport Competition (Weeks 28+)

- Progress throwing/batting program
- Return to full sport participation 7-8 months
- Improvement in pain, function, strength continues for 12-15 months
- Final follow up 1 year post-op