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Rotator Cuff Repair / Biceps Tenodesis Rehab Protocol

X = Perform exercise

Week

| | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 12 | 16 | 20 | 24 | |
|--|--|---|---|---|---|---|---|---|---|---|----|-------------------------|----|----|----|---|
| Range of Motion (ROM) PROM: AROM: | Early Therapy | | | | | | | | | | | | | | | |
| | Pendulums | X | X | X | X | X | X | | | | | | | | | |
| | Cervical, Elbow, Wrist, Finger ROM | X | X | X | X | X | X | | | | | | | | | |
| | Ball Squeeze | X | X | X | X | X | X | | | | | | | | | |
| | Scapular Retraction/Depression | X | X | X | X | X | X | | | | | | | | | |
| | Ankle Pumps | X | X | X | X | X | X | | | | | | | | | |
| Sling Use (while not in PT) | Passive Range of Motion (PROM) | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 12 | 16 | 20 | 24 | |
| | Forward Elevation | | | | | X | X | X | X | X | X | Continue PROM as needed | | | | |
| | External Rotation | | | | | X | X | X | X | X | | | | | | |
| | Internal Rotation | | | | | X | X | X | X | X | | | | | | |
| Weight Bearing Status TDWB x 6 weeks | Active ROM (AROM) | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 12 | 16 | 20 | 24 | |
| | Forward Elevation | | | | | | | | X | X | X | X | X | X | | |
| | External Rotation | | | | | | | | X | X | X | X | | | | |
| | Internal Rotation | | | | | | | | X | X | X | X | | | | |
| | | | | | | | | | X | X | X | X | | | | |
| | Balance squats | | | | | | | | | | X | X | X | X | X | |
| | Single leg deadlift | | | | | | | | | | X | X | X | X | X | |
| | Leg press | | | | | | | | | | X | X | X | X | X | |
| | Sports Test exercises | | | | | | | | | | | X | X | X | X | |
| | | | | | | | | | | | | | | | | |
| TIME LINES Week 1(Day 1-7) Week 2(Day 8-14) Week 3(Day 15-21) Week 4(Day 22-28) | Agility Exercises | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 12 | 16 | 20 | 24 | |
| | Running progression | | | | | | | | | | | | | X | X | |
| | Initial – single plane | | | | | | | | | | | | | X | X | |
| | Advance – multi directional | | | | | | | | | | | | | X | X | |
| | Functional sports test | | | | | | | | | | | | | X | X | |
| | High Level Activities | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 12 | 16 | 24 | 28 | |
| | Golf | | | | | | | | | | | | | X | X | |
| | Outdoor biking, hiking | | | | | | | | | | | | | X | X | |
| | Skiing, basketball, tennis, football, soccer | | | | | | | | | | | | | | | X |
| | | | | | | | | | | | | | | | | |
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