

# ROBERT C. GRUMET, MD

## ROTATOR CUFF REPAIR & BICEPS TENODESIS PROTOCOL

Name \_\_\_\_\_ Date \_\_\_\_\_

Diagnosis \_\_\_\_\_

Date of Surgery \_\_\_\_\_

Frequency: 1 2 3 4 times/week Duration: 1 2 3 4 5 6 Weeks

\_\_\_\_\_ Weeks 1-6:

- True PROM only! The rotator cuff tendon needs to heal back into the bone and regenerate a nerve and blood supply. Depending on the tissue quality, we may start the patient moving actively at week 4. We will determine this at the one-month follow-up appointment.
- No active biceps motion/forward flexion until 12 weeks postoperatively
- Sling while sleeping for first 4 weeks
- ROM goals: 140° FF/40° ER at side; ABD max 60-80° without rotation
- No resisted motions of shoulder until 12 weeks post-op
- Grip strengthening OK
- No canes/pulleys until 4-6 weeks post-op, because not truly passive
- Heat before PT, ice after PT

\_\_\_\_\_ Weeks 6-12:

- Begin AAROM → AROM as tolerated
- Goals: Same as above, but can increase as tolerated
- Light passive stretching at end ranges
- No strengthening/resisted motions yet, except grip strengthening

\_\_\_\_\_ Months 3-12:

- Begin strengthening: isometrics → light bands → weights
- Advance as tolerated; 10 reps/1 set per exercise for rotator cuff, deltoid and scapular stabilizers
- Increase ROM to full with passive stretching at end ranges
- Begin eccentric motions, plyometrics, and closed chain exercises at 12 weeks.

Comments:

\_\_\_\_\_ Functional Capacity Evaluation \_\_\_\_\_ Work Hardening/Work Conditioning \_\_\_\_\_ Teach HEP

Modalities

\_\_\_\_\_ Electric Stimulation \_\_\_\_\_ Ultrasound \_\_\_\_\_ Iontophoresis \_\_\_\_\_ Phonophoresis \_\_\_\_\_ TENS \_\_\_\_\_ Heat before/after

\_\_\_\_\_ Ice before/after \_\_\_\_\_ Trigger points massage \_\_\_\_\_ Other \_\_\_\_\_ Therapist's discretion

Signature \_\_\_\_\_ Date \_\_\_\_\_

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