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Post-Operative Rehabilitation: Rotator Cuff Repair + Biceps Tenodesis

Phase 1 Physical Therapy (0-6 weeks)

- Sling x 6 weeks
- NO active bicep contraction
- Gentle ROM (passive → active assistive)
- ER/IR in scapular plane @ 45 degrees of abduction
- Soft tissue mobilization, isometric exercises, core strengthening

Phase 2 Physical Therapy (6-12 weeks)

- Progress to full active ROM as tolerated; no resistance
- Proprioceptive training
- Soft tissue mobilization, isometric exercises, core strengthening

Phase 3 Physical Therapy (12-24 weeks): progressive strengthening

- Progress to full ROM if not already obtained
- Initiate closed-chain and core strengthening
- Continue proprioceptive training
- Focus on functional exercises in all planes, advance only when fully controlled
- May initiate interval golf program (if appropriate at 4.5 months)

Phase 4 Physical Therapy (24+ weeks): return to pre-injury level and sport

- Advance closed-chain and core strengthening
- Sport-specific drills as tolerated
- Full return may take a full 6-12 months or more depending on surgery and recovery