

Aaron Baessler, MD
 Address:
 Central Indiana Orthopedics
 14300 E 138th St
 Building B
 Fishers, IN 46037

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)	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									
Passive Range of Motion (PROM)	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						
Active ROM (AROM)	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
Weight Bearing Status	Single leg deadlift										X	X	X	X	X	
	Leg press										X	X	X	X	X	
	Sports Test exercises											X	X	X	X	
Agility Exercises	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	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
TIME LINES																

Week 1(Day 1-7)
 Week 2(Day 8-14)
 Week 3(Day 15-21)
 Week 4(Day 22-28)