

**PT Protocol:**  
**Rotator Cuff Repair with Subscapularis Repair**  
**Open Biceps Tenodesis**

**Daniel B. Haber, MD**  
*Orthopedic Surgeon, Sports Medicine  
Physician, US Ski & Snowboard Teams*

Shoulder Arthroscopy & Replacement  
Hip Preservation & Arthroscopy  
Knee Ligament, Meniscus & Cartilage Surgery

*drhaberpc@panoramaortho.com*  
*Phone: (720)-497-6195*  
*www.panoramaortho.com*



|                                                                                                                                                                                                                                                        |         | Weeks after surgery                                                                                                                                                                           |   |   |   |   |   |    |  |       |        |        |     |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---|---|---|---|---|----|--|-------|--------|--------|-----|
|                                                                                                                                                                                                                                                        |         | ROM & Muscle Initiation                                                                                                                                                                       | 1 | 2 | 3 | 4 | 5 | 6+ |  | 7-11+ | 12-17+ | 18-23+ | 24+ |
| <b>Passive ROM RESTRICTIONS</b><br><br><b>FE:</b> 90 x 2 wks<br>150 x 2 wks<br>then FROM<br><br><b>ER:</b> 0-30 x 4 wks<br>then FROM<br><br><b>IR:</b> 30 x 2 wks<br>45 x 2 wks<br>then FROM<br><br><b>ABD:</b> 90 x 2 wks<br>120 x 2 wks<br>then FROM |         | Scapular retraction - depression                                                                                                                                                              |   |   |   |   |   |    |  |       |        |        |     |
|                                                                                                                                                                                                                                                        |         | Cervical, elbow, wrist & hand ROM                                                                                                                                                             |   |   |   |   |   |    |  |       |        |        |     |
|                                                                                                                                                                                                                                                        |         | Pendulums                                                                                                                                                                                     |   |   |   |   |   |    |  |       |        |        |     |
|                                                                                                                                                                                                                                                        |         | Passive ROM:<br>A) Ext rotation & internal rotation to belt<br>B) Forward elevation & scaption<br>C) Abduction                                                                                |   |   |   |   |   |    |  |       |        |        |     |
|                                                                                                                                                                                                                                                        |         | Active assist ROM:<br>A) External & internal rotation<br>B) Forward elevation & scaption                                                                                                      |   |   |   |   |   |    |  |       |        |        |     |
|                                                                                                                                                                                                                                                        |         | Isometrics<br>A) External & internal rotation<br>B) Biceps & triceps                                                                                                                          |   |   |   |   |   |    |  |       |        |        |     |
|                                                                                                                                                                                                                                                        |         | Active ROM<br>A) Sidelying external rotation<br>B) Forward elevation & scaption<br>C) Salutes (lawn chair progression)<br>D) Prone extension & horizontal abd<br>G) Open chain proprioception |   |   |   |   |   |    |  |       |        |        |     |
|                                                                                                                                                                                                                                                        |         | Low load prolonged stretches:<br>A) Towel internal rotation<br>B) Cross arm<br>C) Sleeper<br>D) 90/90 external rotation                                                                       |   |   |   |   |   |    |  |       |        |        |     |
|                                                                                                                                                                                                                                                        | 6 weeks | Progress to Endurance: 6+ wks & PROM FE 120, Abd 90, Ext Rot 30, Q DASH <60%,                                                                                                                 |   |   |   |   |   |    |  |       |        |        |     |
|                                                                                                                                                                                                                                                        |         | Muscular Endurance 3 x 15, 45s rest                                                                                                                                                           |   |   |   |   |   |    |  | 9     |        |        |     |
| <b>Sling</b><br><br>6 weeks                                                                                                                                                                                                                            |         | External & internal rotation                                                                                                                                                                  |   |   |   |   |   |    |  |       |        |        |     |
|                                                                                                                                                                                                                                                        |         | Punches with a plus                                                                                                                                                                           |   |   |   |   |   |    |  |       |        |        |     |
|                                                                                                                                                                                                                                                        |         | Sport cord rows                                                                                                                                                                               |   |   |   |   |   |    |  |       |        |        |     |
|                                                                                                                                                                                                                                                        |         | Prone lower trap                                                                                                                                                                              |   |   |   |   |   |    |  |       |        |        |     |
| <b>Weight Bearing</b><br><br>NWB x 6 weeks;<br>then 5 lbs weight<br>bearing<br>restriction x 6<br>weeks, then<br>advance as<br>tolerated                                                                                                               |         | Bicep curls / tricep extension                                                                                                                                                                |   |   |   |   |   |    |  |       |        |        |     |
|                                                                                                                                                                                                                                                        |         | Closed chain stability                                                                                                                                                                        |   |   |   |   |   |    |  |       |        |        |     |
|                                                                                                                                                                                                                                                        |         | Progress to Strength: 12+ wks & AROM FE 120, Abd 120, Ext Rot 45, Q DASH <45%                                                                                                                 |   |   |   |   |   |    |  |       |        |        |     |
|                                                                                                                                                                                                                                                        |         | Muscular Strength 3 x 10 120s rest                                                                                                                                                            |   |   |   |   |   |    |  |       | 13-18+ |        |     |
|                                                                                                                                                                                                                                                        |         | External rotation at 45° & 90°                                                                                                                                                                |   |   |   |   |   |    |  |       |        |        |     |
| <b>For Biceps Tenodesis:</b><br><br>No active or<br>resisted Elbow<br>Flexion x 6<br>weeks                                                                                                                                                             |         | Bear hugs                                                                                                                                                                                     |   |   |   |   |   |    |  |       |        |        |     |
|                                                                                                                                                                                                                                                        |         | Statue of liberty                                                                                                                                                                             |   |   |   |   |   |    |  |       |        |        |     |
|                                                                                                                                                                                                                                                        |         | Push up plus progression                                                                                                                                                                      |   |   |   |   |   |    |  |       |        |        |     |
|                                                                                                                                                                                                                                                        |         | Progress to Power: 18+ wk + strength >80% contralateral: Full can, Abd, Belly press, ER@0, IR@0, QDASH <20%,                                                                                  |   |   |   |   |   |    |  |       |        |        |     |
|                                                                                                                                                                                                                                                        |         | Muscular Power 3 x 6, 180s rest                                                                                                                                                               |   |   |   |   |   |    |  |       |        | 19-24+ |     |
|                                                                                                                                                                                                                                                        |         | Advanced closed chain stability                                                                                                                                                               |   |   |   |   |   |    |  |       |        |        |     |
|                                                                                                                                                                                                                                                        |         | PNF with resistance                                                                                                                                                                           |   |   |   |   |   |    |  |       |        |        |     |
|                                                                                                                                                                                                                                                        |         | Decelerations & Plyometric ext rotation                                                                                                                                                       |   |   |   |   |   |    |  |       |        |        |     |
|                                                                                                                                                                                                                                                        |         | Progress to High Level: 24+ wks + strength >90% contralateral side (motions as above), CKQUEST >21 / 15s                                                                                      |   |   |   |   |   |    |  |       |        |        |     |
|                                                                                                                                                                                                                                                        |         | High Level Activities                                                                                                                                                                         |   |   |   |   |   |    |  |       |        | 19-24+ | 25+ |
|                                                                                                                                                                                                                                                        |         | Skiing                                                                                                                                                                                        |   |   |   |   |   |    |  |       |        |        |     |
|                                                                                                                                                                                                                                                        |         | Overhead & serving sports                                                                                                                                                                     |   |   |   |   |   |    |  |       |        |        |     |
|                                                                                                                                                                                                                                                        |         | Throwing progression                                                                                                                                                                          |   |   |   |   |   |    |  |       |        |        |     |