



RCR – Isolated Bioinductive Repair



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Physical Therapy Prescription

Please fax progress notes to Advanced Orthopedics & Sports Medicine at 720-895-1121

Name: _____

Date of Surgery: _____

Diagnosis: R / L RCR – Isolated Bioinductive Repair +/- Biceps Tenodesis

Frequency: 2-3 times per week for _____ weeks, Therapy to start 3-5 days after surgery

Phase I (Weeks 1-2)

Sling at all times including sleep. May remove for hygiene and changing clothing.

Remove Sling 4-5 times per day to perform pendulum exercises.

Encourage AROM of Elbow, Forearm, Wrist, and Hand.

- No lifting objects greater than 5 lbs (nothing heavier than a full cup of coffee)
- No excessive shoulder extension behind body
- No sudden/jerking movements
- No supporting of body weight with hands (ex. Push-ups, pressing on wall, etc...)

Ice regularly for 20 minutes 4-5x/day

PHASE II (Weeks 2-6)

Wean from sling use

Ice regularly for 20 minutes 4-5x/day

Ok to drive at this point

Weeks 1-4 - Limit forward flexion to 100deg

- ER at side = OK
- No Abduction + External Rotation allowed for first 6 weeks

Progression with PT/OT

1. PROM (non-forceful flexion/abduction)
2. AAROM
3. AROM
4. Pendulums
5. Cane exercises
6. Self stretching

Scapular Stabilization exercises: Scapular isometrics, deltoid isometrics

Isotonic: Theraband internal and external rotation in 0deg abduction

Signature: _____

Date:

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PHASE III (Weeks 6+)

Work on ROM in AB + ER starting week 6

Active Strengthening

- Start dumbbell strengthening (RC + Deltoid)
- Progress theraband exercises to 90/90 position for internal rotation and external rotation (slow/fast sets)
- Theraband exercises for scapulothoracic muscles and biceps
- Plyometrics for RC
- PNF diagonal patterns
- Isokinetics
- Continue endurance exercises
- Diagonal patterns

PHASE IV - RTS/RTW (Weeks 12+)

Sport/work specific training

No restrictions on motion or strengthening, progress as tolerated

CRITERIA FOR DISCHARGE:

1. Full, pain free range of motion
2. Strength is equal bilaterally
3. Has met specific functional/activity goals
4. Has been cleared by physician

Additional Biceps Tenodesis Restrictions

Week 1-6:

- Shoulder:
 - Stop at first resistance for external rotation for first 2 weeks
 - Max ER at side: Weeks 0-2 = 20°, Weeks 2-4 = 40°, Weeks 4-6 = 60°, Weeks 6+ = 90° (allowed)
 - No extension past body for first 2 weeks
- Elbow:
 - PROM until 14 days post-surgery
 - AAROM flexion/extension with wrist in neutral position and supination/pronation starting week 3
 - Avoid end-range elbow extension coupled with pronation for first 2 weeks

Week 6+: per RCR protocol (above)