

**Patient Name:**  
**Date of Surgery:**  
**Side: R/L**

### RTC Repair with Regeneten Patch/Biceps Tenodesis Protocol: Dr. Sexton

	<b>ROM</b>	<b>IMMOBILIZER</b>	<b>EXERCISES</b>
<b>PHASE I</b> 0-4 weeks	0-1 week: Elbow, wrist, hand to tolerance. Pendulums  1-4 weeks: Advance towards full PROM, initiate AAROM/AROM at 2 weeks	0-2 weeks: Wear at all times except hygiene and exercises  2-4 weeks: wean from brace as tolerated	Wrist/hand ROM, grip strengthening, isometric abduction, pendulums.  External/internal rotation w/ elbow at side  Begin cuff/deltoid isometrics at 2 weeks; closed chain scapula
<b>PHASE II</b> 4-8 weeks	Increase forward flexion and internal/external rotation to full ROM as tolerated	None	Advance isometrics in Phase I to use of theraband, continue with wrist/hand ROM and grip strengthening  Begin prone extensions and scapular stabilizing exercises, gentle joint mobs
<b>PHASE III</b> 8-12 weeks	Full	None	Advance theraband exercises to use of weights and progress Phase II work  Cycling and upper body ergometer at 8 weeks  Outdoor running and planks at 10 weeks
<b>PHASE IV</b> 12-20 weeks	Full	None	Advance Phase III exercises Begin functional progression to return to previous activity level  Throwers may begin interval throwing program at 16 weeks

\*6-8 weeks is required for healing of the biceps tenodesis, therefore, avoid activities that stress the repair (i.e. active biceps exercises, forceful extension, etc.)

\*\*Patient may return to the weight room at 3 months, if appropriate



\*\*\*Patient may return to competitive sports, including contact sports, by 5 months, if approved.