



RTC Repair with Regeneten Patch + Biceps Tenodesis Protocol

| | ROM | IMMOBILIZER | EXERCISES |
|--------------------------------|--|---|---|
| PHASE I 0-4 weeks | 1-1 week: Elbow, wrist, hand to tolerance. Pendulums 1-4 weeks: Advance towards full PROM, initiate AAROM/AROM at 2 weeks | 1-2 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 |
| PHASE II 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 |
| PHASE III 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 |
| PHASE IV 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.