**Partial Thickness Tear Rotator Cuff Repair with Biologic Patch - Rehabilitation Protocol**

**Please note that these are to be used only as guidelines.**

**All specifics regarding exercises and progression back to sports will be made on an individual basis by your treating providers.**

**Phase I – Post-op Phase weeks 0 to 1:**

**Brace:** Wear Ultrasling at all times except when doing exercises, bathing, and dressing

**ROM (range of motion) Goals:**

* Passive (someone moves arm for you) flexion (raising arm forward) to tolerance
* Passive abduction (arm moved away from side of body), determined following surgery
* Passive external rotation (arm turned away from side of body) determined following surgery.

**Therapeutic Exercises: Strengthening:** Finger, wrist and elbow motions; shoulder pendulums 4-5 times per day

**Cryotherapy (Ice treatments):** Six to eight times a day for 20 minutes

**Phase II -** Early Motion Phase, Weeks 1 to 4

**Brace:**

* Continue with Ultrasling except when doing exercises, bathing, and dressing.
* It should be removed when awake and eating, reading, or relaxing

**ROM Goals:**

* Passive ROM to 90 degrees abduction, 90 degrees forward flexion
* Active assisted (involved arm does some of the work, helped by other side) flexion as tolerated

**Therapeutic Exercises:**

* **Strengthening:**
* Continue finger, wrist and elbow motions, shoulder pendulum motion
* ADD periscapular isometrics, pulley stretches, and cane exercises

**Conditioning:** Stationary bike, elliptical machine, stepper with Ultrasling on

**Manual Therapy:**  scar tissue massage

**Cryotherapy (Ice treatments):** Three times a day for 20 minutes

**Phase III -** Motion Phase, Weeks 4 to 6

**Brace:** Continue with Ultrasling

**ROM Goals:**

* Full passive ROM
* Active assisted ROM to 90 degrees abduction, 90 degrees forward flexion, 45 degrees internal and external rotation
* Passive external rotation determined following surgery.

**Therapeutic Exercises:**

* **Strengthening:**
  + Continue shoulder isometric exercises; continue strengthening finger, wrist and elbow motions; shoulder pendulum motion

**Conditioning:** stationary bike, elliptical machine, stepper

**Manual Therapy:** scar tissue massage

**Cryotherapy (Ice treatments):** Three times a day for 20 minutes

**Phase IV -** Activity Phase, Weeks 6 to 10

**Brace:** Discontinue once protective strength exists

**ROM Goals:**

* Full active ROM in all directions

**Therapeutic Exercises:**

* **Strengthening:** 
  + Gradually begin resistance exercises for rotator cuff; begin core strength training
* **Proprioception:** 
  + Begin diagonal function patterns
* **Conditioning:**
  + Begin treadmill walking; continue stationary bike, elliptical machine, stepper

**Manual Therapy:** As needed

**Cryotherapy (Ice treatments):** Six to eight times a day for 20 minutes

**Phase V -** Sport Phase, Weeks 14 and beyond

**Therapeutic Exercises:**

* **Strengthening:**
  + Add closed chain and plyometric exercises
  + Progress resistance exercises for rotator cuff
  + Continue finger, wrist and elbow motions
* **Proprioception:** 
  + Progress diagonal function patterns
* **Conditioning:**
  + Begin straight running; continue stationary bike, elliptical machine, stepper

**Manual Therapy:** as needed