

## Regeneten Rotator Cuff Augmentation Rehab Protocol

*\*This protocol is for patients with partial thickness rotator cuff tears treated with the Smith & Nephew Regeneten Patch.*

	Range of Motion	Immobilizer	Exercises
<p><b>Phase I:</b> 5-7 days post-op</p> <p><b>Goals</b></p> <ul style="list-style-type: none"> <li>Protect the surgical site</li> <li>Ensure wound healing</li> <li>Diminish pain and inflammation</li> <li>Prevent stiffness and regain motion</li> </ul>	<ul style="list-style-type: none"> <li>No lifting objects over 5 lbs</li> <li>No excessive shoulder extension</li> <li>No excessive stretching or sudden movement</li> <li>No supporting body weight by hands</li> </ul>	<ul style="list-style-type: none"> <li><b>Sling:</b> use for 24-48 hours. Remove to do pendulum exercises. Sleep with sling.</li> <li><b>Ice:</b> 20 minutes, 4-5 times/day</li> <li><b>Use of arm:</b> May use hand of affected arm in front of body. Able to flex arm at elbow</li> </ul>	<p><b>Perform 7 days/week, 4-5 times/day:</b></p> <ul style="list-style-type: none"> <li>Pendulum exercises: 1-2 sets, 20-30 reps</li> <li>Supine external rotation: 1-2 sets, 10-15 reps</li> <li>Supine passive arm elevation: 1-2 sets, 5-10 reps</li> <li>Scapular retraction: 1-2 sets, 5-10 reps</li> <li>Shoulder shrug: 1-2 sets, 10-15 reps</li> </ul>
<p><b>Phase II:</b> 1-6 weeks</p> <p><b>Goals</b></p> <ul style="list-style-type: none"> <li>Restore non-painful ROM</li> <li>Retard muscular atrophy</li> <li>Decrease pain/inflammation</li> <li>Improve postural awareness</li> <li>Minimize stress to healing structures</li> <li>Prevent muscular inhibition</li> </ul>	<ul style="list-style-type: none"> <li>PROM (non-forceful flexion and abduction)</li> <li>Active assisted range of motion (AAROM)</li> <li>AROM</li> <li>Pendulums</li> <li>Pulleys</li> <li>Cane exercises</li> <li>Self-stretches</li> </ul>	<ul style="list-style-type: none"> <li><b>Sling:</b> Should have weaned from sling. May wear in public if needed</li> <li><b>Ice:</b> 20 minutes, 4-5 times/day</li> <li><b>Driving:</b> Should be okay, unless instructed otherwise</li> <li><b>Use of arm:</b> Actively use arm for daily living: bathing, dressing, driving, typing, eating, and drinking</li> </ul>	<p>Begin once patient has pain free full ROM and no tenderness.</p> <ul style="list-style-type: none"> <li>Initiate isotonic program with dumbbells</li> <li>Strengthen shoulder musculature- isometric, isotonic, Proprioceptive Neuromuscular Facilitation (PNF)</li> <li>Strengthen scapulothoracic musculature- isometric, isotonic, PNF</li> <li>Initiate upper extremity endurance exercises</li> </ul>
<p><b>Phase III:</b> 6+ weeks</p> <p><b>Goals</b></p> <ul style="list-style-type: none"> <li>Improve strength, power, and endurance</li> <li>Improve neuromuscular control</li> <li></li> </ul>	<p>Full painless ROM</p>	<p><b>Return to sport:</b> 12 weeks and beyond once adequate strength is achieved</p>	<ul style="list-style-type: none"> <li>Continue dumbbell strengthening</li> <li>Progress theraband exercises to 90/90 position for internal and external rotation (slow/fast sets)</li> <li>Theraband exercises for scapulothoracic musculature and biceps</li> <li>Plyometrics for rotator cuff</li> <li>Isokinetics</li> <li>Continue endurance exercises (UBE)</li> </ul>