



Arthroscopic Regeneten Implant  
(Without Cuff Repair)

Ryan W. Hess, MD  
Dr. Hess Care Coordinator Phone: 763-302-2223  
Fax: 763-302-2401

- **Phase I – Motion Phase**
- Will typically begin therapy within about 5-7 days post op
  - Goals:
    - Re-establish non-painful ROM
    - Decrease pain and inflammation
    - Prevent muscular inhibition
  - Cryotherapy for pain/inflammation
    - Ice 15-20 minutes every hour
  - Sling as needed for comfort
    - Used for first 1-2 days full time
    - Prefer to use in public for first 2 weeks
    - Remove 4-5 times daily to do pendulum exercises
  - ROM
    - Elbow ROM encouraged several times per day
  - Exercises (7 days per week, 4-5 times per day)
    - Pendulum 1-2 sets, 20-30 reps
    - Scapular retraction 1-2 sets, 5-10 reps
    - Supine ER 1-2 sets, 10-15 reps
    - Supine passive elevation 1-2 sets, 5-10 reps
    - Shoulder shrug 1-2 sets, 10-15 reps
  - Precautions
    - No heavy lifting
    - No supporting of body weight with hands/arms
    - No excessive stretching or sudden movements
    - No excessive behind-the-back movements
- **Phase II – Intermediate Phase (1-6 weeks post-op)**
  - Goals
    - Regain and improve muscular strength
    - Normalize kinematics
    - Gradually restore full PROM
    - Re-establish dynamic shoulder stability
    - Decrease pain and inflammation

- Criteria to progress to Phase II
  - Full ROM
  - Minimal pain/tenderness
  - Good MMT strength
- Continue use of ice as needed
- May use heat prior to ROM exercises
- Use of modalities as needed
- Exercises
  - PROM, AAROM as tolerated
  - AROM
  - Pendulums
  - Pulleys
  - Cane exercises
  - Self stretches
  - Isometrics
  - Isotonics
  - Once pain free full ROM, may progress to:
    - Isotonic program w/ dumbbells
    - Strengthen shoulder musculature (isometric, isotonic)
    - Strengthen scapulothoracic musculature (isometric, isotonic)
    - Initiate endurance exercises
    - Joint mobilization
- Phase III – Dynamic Strengthening Phase (6 weeks +)
  - Goals
    - Improve strength/power/endurance
    - Improve neuromuscular control
    - Dynamic shoulder stability
    - Gradual return to functional activities
  - Criteria to progress to Phase III
    - Full, non-painful ROM
    - Minimal pain/tenderness
    - Strength 70% or better of contralateral side
  - Eccentric exercises
  - Continue dynamic stabilization
  - Progress strengthening exercises
  - Diagonal patterns
  - Continue scapulothoracic work

- Phase IV – Return to Activity Phase (varies by patient)
  - Goals
    - Progressively increase activities to prepare for full functional return
  - Criteria to progress to Phase IV
    - Full ROM
    - No pain/tenderness
    - Satisfactory clinical exam
  - Initiate interval program (for throwers)
  - Gradual return to strenuous work activities
  - Gradual return to recreational sports activities