

## Rotator Cuff Collagen Patch PT Protocol

### PHASE I (0-4 WEEKS)

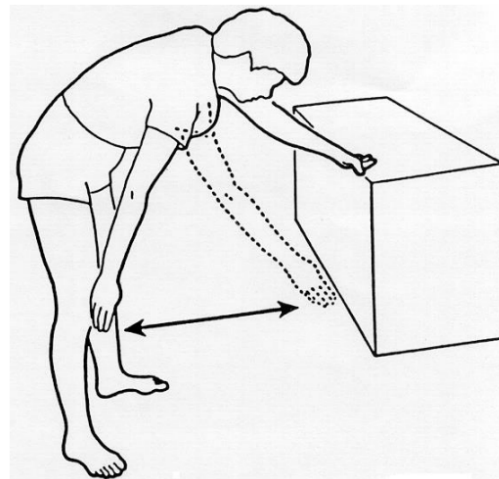
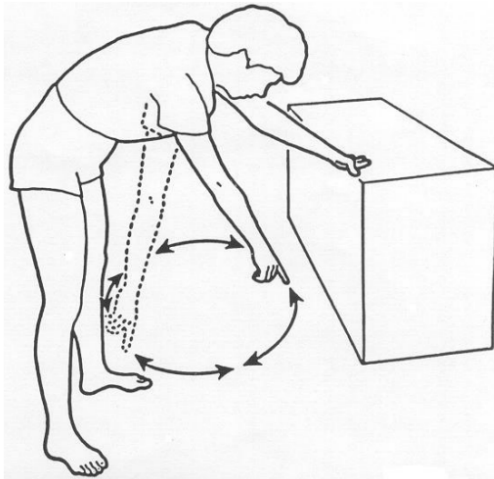
**Period of protection:** Sling is worn for 1-2 days, then only for comfort at night. No strengthening until after this phase to prevent irritation to subacromial space and/or AC joint.

#### Weeks 0-1:

- D/C sling within 48 hours of surgery to avoid the stiffness associated with prolonged sling use
- Start PT within 2-3 days of surgery
- Do pendulums/codmans/elbow and wrist ROM 4-5x/day at home
- Ice multiple times/day for inflammation control

**Pendulums:** Stand supporting yourself on a table with your good arm. Let your other arm hang down completely relaxed and slowly move it in a circular motion both clockwise and counter clockwise. Keep your circles within the width of your feet.

**Codmans:** Stand supporting yourself on a table with your good arm. Let your other arm hang down completely relaxed and slowly move it forward & back as well as side-to-side motion.



#### Weeks 1-4 (both): Continue formal PT (2-3 x/week).

- **ROM:**
  - **Shoulder:** Advance PROM → AAROM → AROM in all planes as tolerated
    - Goals: full AROM if possible
  - **Elbow:** PROM → AAROM → AROM (flex/ext/sup/pron) as tolerated
    - Goals: full passive ROM (flex/ext)
- **Strengthening:** None, except grip strengthening.

## PHASE II (4-8 WKS)

### **Advance motion and begin strengthening.**

- ROM: Advance AROM for elbow and shoulder in all directions with passive stretching at end ranges.
  - Goals: full AROM elbow and shoulder by 8-10 wks.
- Strengthening (only 3x/week to avoid cuff tendonitis):
  - Start periscapular and cuff/deltoid isometrics at side; progress to bands as tolerated.

## PHASE III (8-12 WKS)

### **Begin more aggressive strengthening and progress to sport-specific/occupation-specific rehab.**

- ROM: Aggressive passive stretching at end ranges. Advance to full active ROM if not already achieved.
- Strengthening/Activities:
  - Continue cuff/deltoid/periscapular strengthening:
    - Advance as tolerated from isometrics → bands → light weights (1-5lbs) w/8-12 reps x 2-3 sets for cuff, deltoid, scapular stabilizers (*Only do this 3x/week to avoid cuff tendonitis*)
    - Begin eccentrically resisted motions, plyometrics (*weighted ball toss*), proprioception (*body blade*)

## PHASE IV (3-6 MONTHS)

### **Transition to sport-specific/occupation-specific rehab.**

- ROM: Continue aggressive passive stretching at end ranges.
- Strengthening/Activities:
  - Continue cuff/deltoid/periscapular strengthening:
    - Advance eccentrically resisted motions, plyometrics (*weighted ball toss*), proprioception (*body blade*)
    - Sports-related rehab and advanced conditioning
      - @ 4.5 months, may throw from the pitcher's mound
      - @ 6 months, return to collision sports
      - Heavy labor once full-strength/MMI reached (usually by 6 months)