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**Rotator Cuff Regeneten Implant (w/o RTC repair) Rehab Protocol**

Phase / Goals	Immobilization	ROM	Therapeutic Exercises
<p><b>Phase 1 (week 1)</b> Goals:</p> <ul style="list-style-type: none"> <li>• Pain free passive range of motion</li> <li>• Diminish pain and inflammation</li> </ul>	<ul style="list-style-type: none"> <li>• Sling use full time first 48 hours, then use as needed</li> <li>• Sling use in public x 2 weeks</li> </ul>	<ul style="list-style-type: none"> <li>• Full PROM</li> <li>• Full active hand, wrist, elbow ROM</li> <li>• No lifting &gt;5 lbs</li> </ul>	<ul style="list-style-type: none"> <li>• Codman exercises at least 4 times a day x 5-10 mins in sling</li> <li>• Scapular retraction, supine ER, supine passive elevation, shoulder shrugs</li> <li>• <b>If Bicep Tenodesis:</b> No resisted elbow flexion or supination for 6 weeks</li> </ul>
<p><b>Phase 2 (week 2-6)</b> Goals:</p> <ul style="list-style-type: none"> <li>• Restore full ROM</li> <li>• Restore ADLs</li> </ul>	<ul style="list-style-type: none"> <li>• Wean from sling</li> </ul>	<ul style="list-style-type: none"> <li>• Full PROM and AAROM</li> <li>• Progress to full AROM</li> <li>• No lifting &gt;10lbs</li> </ul>	<ul style="list-style-type: none"> <li>• Resume above</li> <li>• Start gentle isometric and isotonic exercises</li> <li>• Focus on shoulder and scapulothoracic strengthening and endurance</li> <li>• <b>If Bicep Tenodesis:</b> No resisted elbow flexion or supination for 6 weeks</li> </ul>
<p><b>Phase 3 (week 7-12)</b> Goals:</p> <ul style="list-style-type: none"> <li>• Improve strength, power and endurance</li> <li>• Begin return to sport/work progression</li> </ul>	<ul style="list-style-type: none"> <li>• None</li> </ul>	<ul style="list-style-type: none"> <li>• Full ROM</li> <li>• No lifting &gt;25lbs</li> <li>• Biceps lifting restrictions if tenodesis               <ul style="list-style-type: none"> <li>○ Week 7-8: 5lbs</li> <li>○ Week 9-10: 10lbs</li> <li>○ Week 11-12: 25lbs</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Continue isometric exercises</li> <li>• Progress theraband exercises to 90/90 position for internal rotation and external rotation (slow/fast sets)</li> <li>• Gradual return to strenuous work and recreational sport activities               <ul style="list-style-type: none"> <li>○ Clearance by Dr. Ridley prior to full return, typically 12 weeks</li> </ul> </li> </ul>

<p><b>Phase 4 (week 12+)</b> Goals:</p> <ul style="list-style-type: none"> <li>Return to sport/work</li> </ul>	<ul style="list-style-type: none"> <li>None</li> </ul>	<ul style="list-style-type: none"> <li>Full</li> <li>No lifting restriction <ul style="list-style-type: none"> <li>Controlled and pain-free advancement of lifting</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Continue as above</li> <li>Progress rotator cuff strengthening while maintaining scapulothoracic control</li> <li>Progress overhead lifting</li> <li>Work hardening and maintenance</li> <li>Sport specific drills and exercises</li> <li>Injury prevention</li> </ul>
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**CRITERIA FOR RETURN TO FULL ACTIVITY:**

Functional pain-free active range of motion, maximized strength, proper scapulothoracic mechanics

**PRECAUTIONS:**

None