

Biologic Augment Protocol for Partial Rotator Cuff Tear

PHASE I: Immediate Postop Phase (5-7 days)

Goals: Protect surgical site; ensure wound healing, prevent stiffness and regain motion

- May remove dressing and shower postop day # 3.
- Sutures are all underneath the skin and will dissolve on their own.
- Ice or cold flow systems encouraged for the first week at a minimum: should be used 3-4 times per day.
- Sling should be in place when not performing exercises.

Activities: use your sling until the block wears off and then wean from sling. Remove for pendulum exercises. Continue to sleep with sling.

- No lifting >5lbs
- No excessive External rotation/Extension
- No Supporting body weight by hands

Exercises: 7 days per week, 4-5 times per day

Pendulum exercises	1-2 sets	20-30 reps
Supine external rotation	1-2 sets	10-15 reps
Supine passive arm elevation	1-2 sets	5-10 reps
Scapular retraction	1-2 sets	5-10 reps
Shoulder shrug	1-2 sets	10-15 reps

PHASE II: Intermediate Phase (1-6 weeks postop)

Goals: Restore non-painful range of motion, decrease pain, improve posture, wean from sling

- You should now wean from your sling however it is a good idea to use your sling when you're away from your house.

Activities:

- **Driving: It should be okay to drive at this point**
- **You may use your arm for activities of daily living: dressing, bathing, driving, eating**

Exercises:

- Initiate isotonic program with dumbbells
- Strengthen shoulder musculature – isometric, isotonic
- Strengthen scapulothoracic musculature
- Initiate upper extremity endurance exercises



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- Manual therapy for joint mobilization and pain modulation

PHASE III: Intermediate Phase (6 weeks and beyond)

Goals: Improve strength, power, and endurance

- Criteria to progress to this phase: full painless range of motion

Exercises:

- Continue strengthening
- Progress to theraband exercises to 90/90 position for internal rotation and external rotation
- Theraband for scapulothoracic and biceps musculature
- Plyometrics
- Diagonal patterns

Return to Sport: 12 weeks and beyond once adequate strength achieved for sports specific criteria

See website for video demonstrations: www.brianhillmd.com