

Partial Thickness Cuff Biologic Augmentation

Medial Patch

Therapy to start 5-7 days post-op

Phase I (1 – 5 days post-op)

- Wound care: Monitor site to ensure wound healing
- Modalities: PRN for pain and inflammation (IFC, ice- 20 minutes 4-5x/day)
- Sling: Ultrasling worn continuously, including while sleeping, except in therapy or during exercise sessions (4-5x/day)
- ROM:
 - Scapular AROM exercises
 - Initiate PROM of shoulder in all planes within tolerable limits
 - Pendulum exercises
 - A/PROM of elbow, wrist, and digits
- Precautions:
 - No lifting >5#
 - No excessive shoulder extension
 - No excessive stretching or sudden movements
 - Non-weight bearing through UE

Phase II (5 days – 6 weeks post-op)

- Goals:
 - Restore non-painful ROM
 - Minimize stress to healing structures
 - Independent with ADLs
 - Wean from sling
- Modalities: PRN for pain and inflammation (IFC, ice- 20 minutes 4-5x/day)
- Sling:
 - Until 4 weeks post-op, Ultrasling worn continuously, including while sleeping, except in therapy or during exercise sessions (4-5x/day)
 - From 4-6 weeks post-op, continue wearing sling, without abduction pillow, when outside the home
- ROM:
 - PROM: flexion/abduction
 - AAROM progressing to AROM, as tolerated

- Exercises:
 - Pendulums
 - Pulleys
 - Cane exercises
 - Stretches
 - Isometrics
 - Theraband IR/ER at 0 degrees of abduction
 - Once patient has pain-free full ROM and no tenderness:
 - PREs
 - PNF
 - Endurance
 - Joint mobilizations for arthorokinematics and/or pain modulation
- Precautions:
 - PT should not hurt. Do not force painful motions

Phase III (6+ weeks)

- Goals:
 - Improve strength, power, and endurance
 - Improve neuromuscular control
 - Prepare athlete to begin to throw, and perform similar overhead activities or other sport specific activities
- Strengthening:
 - PREs of deltoid and rotator cuff
 - Progress theraband exercises to 90/90 position for IR/ER
 - Theraband exercises for scapular stabilizers and biceps
 - Plyometrics
 - PNF diagonal patterns
 - Isokinetics
 - Endurance/UBE

Phase IV (12+ weeks)

- Once adequate strength is achieved, return to sport

Adapted From:

1) Adapted from Rotation Medical: Rotation Medical Patch Rehabilitation Protocol

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