

## **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