

Partial Thickness Rotator Cuff Repair with Bioinductive Implant – PATCH Protocol

BICEPS TENODESIS PRECAUTIONS:

ONLY follow if
checked:

1. No Resisted elbow flexion for 8 weeks
2. No resisted shoulder flexion for 8 weeks
3. No lifting of anything over 1 to 2 pounds for 8 weeks

General Principles

1. Avoid Position of Apprehension
2. Control pain and inflammation
3. Prevent negative effects of immobilization
4. Progress patient a tolerated
5. Increase ROM to **full AROM by 8 weeks**

Sling:

1. Use sling for 2 weeks (First week with Pillow and Second week **without** pillow)

I. Phase I – Immediate Motion Phase (Weeks 1 –2)

A. Week 1 (Active Assisted)

1. Pendulum
2. Shoulder Shrugs
3. PROM (to patient tolerance)
4. AAROM (begin rotation exercise at 0° ABD and progress to 90°)
 - a. Supine flexion
 - b. Supine ER with stick
 - c. Pulley (forward flexion is scapular plane)
5. Scapular retractions
6. Grip and Wrist strengthening
7. AROM: cervical, elbow, wrist, and hand

B. Week 2 (AROM and isometrics)

1. Continue PROM/AAROM
2. Pulley: flexion, abduction, and eccentric control
3. AROM:
 - a. Supine Flexion with stick
 - b. Supine Flexion single arm
 - c. Sidelying ER
 - d. Scapular retractions/stabilizations
 - e. Slide arm up wall/wall ladder

4. RROM:
 - a. Begin isometrics: (submaximal) (**2 weeks**)
 - a. ER, IR, ABD, Flex, Ext
 - b. Biceps curls with dumbbells (as long as no biceps precautions)
 - c. Triceps extension (theraband or cable cross)
 - d. Wrist strengthening all directions

II. Phase II – Intermediate Phase (weeks 3 – 6)

A. Week 3 (Advanced Stretching and Isotonic Strengthening)

Goals: Full AROM should be achieved by 8 weeks

1. Continue above exercises
2. Stretching (**avoid painful impingement**)
 - a. Posterior/Inferior capsule stretch
 - b. Joint mobilizations
 - c. IR stretch with towel
 - d. Hand over the door hang
 - e. Supine ER stretch progress to 90° ABD
3. AROM (Add light weight when patient can perform 10 reps without pain)
 - a. Supine IR/ER
 - b. Standing flexion
 - c. Standing Supraspinatus
 - d. Prone Extension, ABD (thumb up and down), ER, and Rows
 - e. Standing Abduction to 90°
 - f. Single arm pulldowns (assist scapular upward rotation)
4. RROM
 - a. Serratus anterior punches
 - b. PNF D2 rhythmic stabilization with isometric holds
 - c. Scapular retractions with theraband
5. UBE low resistance (**week 3-4**)
6. Theraband IR, ER, Ext, ABD, and Flex (**week 3-4 if pain free**)

III. Phase III – Dynamic Strengthening Phase (Week 6 through discharge)

Goals: Return to sports-specific skills or light work duties at 12 weeks

A. Week 6 to 8 (Dynamic Resistive Exercise) should be pain free

1. Continue above exercises as needed
2. UBE increased resistance
3. Progress theraband resistance and shoulder angles
4. PNF D2 manual resistance, progress to theraband
5. Push ups (progress from wall, counter, on knees, regular)
6. Bodyblade

B. Advanced Strengthening (week 8-10 if needed)

1. Conditioning
2. Plyometrics (progress from double arm to single arm)
3. Proprioception, Coordination/Timing