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

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