

Rotator cuff Rehabilitation after Regenexx Complete Full thickness tears repair procedures.

	Restrictions	Therapeutic Exercise	Progress to next phase when:
Phase I: Maximal Protection Week 0-6	Sling/Abduction pillow at all times except Hygiene x 2-6wk pending MD recommendations. Decrease angle 15 degrees weekly. No lifting or supporting body weight.	Passive ROM: internal and external rotation in abduction only. Slow movements. Neck stabilization exercises/ deep neck flexor training.	Brace discontinued by MD. And can do passive ROM with no more than 1/10 pain.
Phase II: Minimal Protection Full ROM Week 7-12	No lifting. No supporting full body weight. No reaching over 90 degrees while upright. No resistance bands	Passive and Active ROM exercises in internal and external rotation only. Pendulum exercises. Isometrics: IR/ER at 90°, Flexion at 90°, extension 0° Work on neck/shoulder posture.	Can perform AROM and isometric exercises with no more than 2/10 pain
Phase III: Initial Resistance Strengthening & Proprioception Week 8-16 weeks	Avoid any activity that causes more than mild 2/10 pain during or after the activity. No lifting greater than 5-10 lbs, no sudden lifting, no pushing. No overhead lifting while sitting or standing.	Full passive and active ROM exercises, add pulley exercises Prone exercises: rows, extensions, abduction. Work inf trap, rhomboid, triceps Shoulder raises to 90° w/palms up, biceps curls, forearm exercises Consider MAT therapy	Able to complete exercises with no more than minimal 2/10 pain with exercises. . Return to phase II if more than 2/10 pain with exercises.
Phase IV: Advanced Resistance Strengthening / Return to Sport/Activity Week 16-26	Full activity as long as no more than mild 2/10 pain. With push-ups, keep hands shoulder width or closer. With barbell bench presses don't lower past 90o.	Gradual return to Functional activity. Start easy, light weight, progress slowly. Continue to work on strength, flexibility, correcting poor biomechanics, asymmetry, scapula dyskinesia, and postural restoration. Eccentric exercises	Full activity when: Full AROM, exercises pain free, controlled full activity pain free for 1 week. Return to phase III if more than 2/10 pain with exercise.

No resistance band therapy exercises at any point!