

Shoulder Rehab (general) after Regenexx procedures. For RTC & Biceps partial tears, tenotomy, shoulder instability, labral injuries, AC joint dysfunction, glenohumral OA.

	Restrictions	Therapeutic Exercise	Progress to next phase when:
Phase I: Min Protection, ROM Day 0-3	No lifting. No sudden lifting, no pushing. No overhead lifting while sitting or standing.	Passive and active ROM exercise 3x daily Use heat prior to ROM exercises. Slow movements. Neck stabilization exercises/ deep neck flexor training. Work on neck/shoulder posture.	At least 1 day and Can perform ROM exercises with no more than minimal 2/10 pain with exercises.
Phase II: Minimal Protection Full ROM, initial strengthening Day 1-7	No lifting greater than 5-10 lbs. No overhead lifting while sitting or standing. Avoid any activity that causes more than mild 2/10 pain during or after the activity.	Add Pendulum and pulley exercises Isometrics: IR/ER at 90o, Flexion at 90°, extension 0° Work inferior traps and rhomboids. Prone exercises: rows, extensions, abduction, triceps extensions Shoulder raises to 90° w/palms up, forearm exercises	Can perform all exercises with no more than minimal 2/10 pain with exercises.
Phase III: Advanced Resistance and Strengthening Day 3 – 14	Avoid any activity that causes more than mild 2/10 pain during or after the activity. No resistance bands	Begin resistance training. Start easy, light weight, progress slowly. With push-ups, keep hands shoulder width or closer. With barbell bench presses don't lower past 90°. Consider MAT therapy	Able to complete exercises with no more than minimal 2/10 pain with exercises. Return to phase II if more than minimal 2/10 pain with exercises.
Phase IV: Return to Sport/Activity Week 1-8	No strict restrictions.	Eccentric exercises if tendonopathy 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.	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 exercises for therapy at any point!