

**Arthroscopic Rotator Cuff Repair with Collagen Patch
For Partial Thickness Tears
Postoperative Rehabilitation Protocol
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General Notes:

- **If no biceps tenodesis:**
 - o Sling will be weaned starting POW 2
- **If a biceps tenodesis has been performed:**
 - o Sling will be used for 4 weeks postop
 - o NWB x 6 weeks
 - o POW 0 – 4 elbow PROM only
 - o POW 4 – 6 begin gentle AROM against gravity
 - o POW 6 and beyond, begin gentle progressive strengthening
- Use ice as much as possible 20 minutes on and 20 minutes off especially after exercise.

	Weightbearing	Sling	ROM	Exercise
Phase I Week 0 - 1	NWB	All times except shower.	<u>Elbow:</u> <ul style="list-style-type: none"> - PROM only if biceps tenodesis - AROM with arm at side if no biceps tenodesis <u>Shoulder:</u> <ul style="list-style-type: none"> - No motion 	None
Phase II Week 1 - 4	<u>No Biceps Tenodesis:</u> NWB except exercise <u>With Biceps Tenodesis:</u> NWB	<u>No Biceps Tenodesis:</u> During daytime, begin to wean out of sling. Sling at night <u>With Biceps Tenodesis:</u> Continue sling at all times until POW 4	<u>No Biceps Tenodesis:</u> Elbow: <ul style="list-style-type: none"> - Gentle AROM of elbow at side Shoulder: <ul style="list-style-type: none"> - Nonforceful A/AA/PROM into flexion and scaption limited to 100 degrees - Gentle ER/IR with arm at side - Ok to gentle use arm at the side for ADLs - No Abduction + External rotation combined motions <u>With Biceps Tenodesis:</u> Elbow: <ul style="list-style-type: none"> - PROM only Shoulder: <ul style="list-style-type: none"> - A/AA/PROM into flexion and scaption while protecting biceps. Limited to 100 degrees - Gentle ER/IR with arm at side - No Abduction + External rotation combined motions 	<u>No Biceps Tenodesis:</u> Shoulder: <ul style="list-style-type: none"> - Begin pendulums - Pulleys - Cane exercise - Isometrics of deltoid, scapula, rotator cuff - Isotonic theraband ER/IR with arm at side <u>With Biceps Tenodesis:</u> <ul style="list-style-type: none"> - Maintain biceps precautions - Ok for same ROM as the no biceps tenodesis program. - No isotonic or isometrics

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<p>Phase III Week 4 - 6</p>	<p><u>No Biceps Tenodesis:</u> NWB except exercise</p> <p><u>With Biceps Tenodesis:</u> NWB</p>	<p>For all patients, wean out of sling during the day.</p> <p>Sling at night</p>	<p><u>No Biceps Tenodesis:</u> Elbow: - Gentle AROM of elbow at side</p> <p>Shoulder: - Nonforceful A/AA/PROM into flexion and scaption without limit</p> <p>- Gentle ER/IR with arm at side</p> <p>- Ok to gentle use arm at the side for ADLs</p> <p>- Ok for Abduction + External rotation combined motions</p> <p><u>With Biceps Tenodesis:</u> Elbow: - AROM at the side</p> <p>Shoulder: - A/AA/PROM into flexion and scaption while protecting biceps without limit to ROM</p> <p>- Gentle ER/IR with arm at side</p> <p>- Ok for Abduction + External rotation combined motions</p>	<p><u>No Biceps Tenodesis:</u> Shoulder: - Begin pendulums</p> <p>- Pulleys</p> <p>- Cane exercise</p> <p>- Isometrics of deltoid, scapula, rotator cuff</p> <p>- Isotonic theraband ER/IR with arm at side</p> <p><u>With Biceps Tenodesis:</u> - Maintain biceps precautions</p> <p>- Ok for same ROM as the no biceps tenodesis program.</p> <p>- No isotonic or isometrics</p>
<p>Phase III Week 6 - 12</p>	<p>Limit to carry less than 5lbs with arm at side.</p>	<p>None</p>	<p><u>Elbow:</u> - As tolerated</p> <p><u>Shoulder:</u> - As tolerated</p>	<p><u>Elbow:</u> Progress strengthening as tolerated for both biceps tenodesis and without tenodesis groups</p> <p><u>Shoulder:</u> Progress strengthening as tolerated.</p>
<p>Phase IV POW 12 and beyond</p>	<p>Increase as comfort allows at the side</p>	<p>No sling</p>	<p>No restrictions. Normalize motion.</p>	<p>Continue Phase III.</p> <p>Incorporate work or sport specific exercises and drills.</p>

Adapted from:
McIntyre et al Arthroscopy 2019
Schlegel et al JSES 2020