



Kansas City Orthopedic Alliance

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Rehabilitation Protocol: Only Patch Repair

Phase I (0-1 week): PROM

- Sling should be worn as needed for comfort
- Can begin pendulums and PROM as tolerated beginning at week 1
 - Including scapular retraction, supine ER, supine passive elevation, shoulder shrugs
- No lifting
- If biceps tenodesis performed- AVOID resisted elbow flexion or supination

Phase II (2-6 weeks): Restore full ROM

- Full PROM and AAROM
- Progress to full AROM
- No lifting >10 lbs
- Can start gentle isotonic and isometric exercises

Phase III (7-12 weeks): Restore Strength and Function

- Full ROM should be accomplished
- Continue isometric exercises
- Progress rotator cuff strengthening while maintaining scapulothoracic control
 - No more than 25 lbs
- Gradual return to sport specific activities after 12 weeks