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PHYSICAL THERAPY PROTOCOL REGENETAN PATCH

PRECAUTIONS	This protocol is added to supplement the selected shoulder arthroscopy protocol to allow for earlier motion. Sling duration is as followed: ▪ Patch + Subacromial Decompression – Sling 2 weeks ▪ Patch + RCR – Sling 4-6 weeks (follow Cuff protocol) ▪ Patch + Biceps tenodesis – 2 weeks
PHASE 0 - QUIET Week 0 - 1	▪ Quiet in sling with elbow/wrist/hand ▪ Begin active scapular retraction/protraction exercises with therapist cueing
PHASE 1 – PASSIVE Week 1- 4	▪ <i>Pendulums to warm-up beginning week 1</i> ▪ Supine External Rotation – 0°-30° beginning at 2 weeks with progression to full PROM by 8 weeks ▪ Supine Forward Elevation - 0°-90° beginning at 2 weeks with progression to full PROM by 8 weeks
PHASE 2 – ACTIVE Week 5 - 8	▪ <i>Pendulums to warm-up</i> ▪ <i>Active ROM with terminal stretch</i> ▪ Supine Forward Elevation – after 6 weeks, progress gradually to full ▪ Supine External Rotation - after 6 weeks, progress gradually to full ▪ Internal Rotation – Full (begin behind the back) ▪ Begin AROM in supine and progress to upright
PHASE 3 – RESISTED End of Week 8	▪ <i>Pendulums to warm-up and continue with phase 2</i> ▪ External and Internal Rotation ▪ Seated Rows ▪ Standing forward punch ▪ Bicep Curls
Weight Training Week 10 - 12	▪ Keep hands within eyesight, keep elbows bent, no long lever arms ▪ Minimize overhead activities (below shoulder) (No military press, pull-down behind head, or wide grip bench)
Return to Activities	Golf - 3 months (chip and putt only) Tennis - 4 months Skiing – 3-4 months