

The rehabilitation guidelines contained in this document have been created and approved by the physicians and rehabilitation staff of Agility Orthopedics. There is an expectation that patients will only be advanced beyond the timelines designated in this document with the written permission of the physician. Also, physicians should be notified immediately if patients are not progressing according to the described timelines.

0-6 Weeks

- **Passive ROM only for first weeks. No Active ROM for first 6 weeks**
- ER Passive ROM only with arm at side for the first 2 weeks post op
- Active/Active Assistive ROM with wrist and elbow
- Stay in sling for 4 weeks
- Cryotherapy
- Home Exercise Program 2-3 times per day:
 - ✓ Elbow/wrist ROM as tolerated
 - ✓ AROM cervical spine
 - ✓ Scapular control exercises:
hip/trunk rotation with scapular
retraction and isometric
scapular pinches
 - ✓ Lower extremity aerobic
activity (i.e. stationary
bike)
 - ✓ Front and side lunges
 - ✓ 2 leg squats
 - ✓ Trunk rotations

Weeks 2-6

- **Continue with Passive ROM exercises only:**
 - ✓ Forward flexion allowed to 90-100 degrees
 - ✓ Abduction allowed to 90-100 degrees
 - ✓ External rotation in scaption to 90 degrees
 - ✓ Internal rotation in scaption allowed to 70 degrees

Weeks 6-9

- Active/Active Assistive ROM:
 - ✓ Forward flexion allowed to 180 degrees
 - ✓ Abduction allowed to 180 degrees
 - ✓ External rotation in scaption to 90 degrees
 - ✓ Internal rotation in scaption allowed to 70 degrees
- Exercises:
 - ✓ Light thera-band
strengthening
 - ✓ Scapular control exercises:
scapular retraction with
depression
 - ✓ Closed chain exercises: wall
or table press

Weeks 10-14

- Progress to full Active/Active Assistive ROM as tolerated

- Continue isotonic theraband advancement as tolerated
- Slight increase in strengthening program
- Lower extremity plyometrics
- Isotonic dumbbell program:
 - ✓ Shoulder rotators, trapezius and deltoids
 - ✓ Peri-scapular latissimus, rhomboids and serratus
 - ✓ Wall washing at 90 degrees of abduction/forward flexion
 - ✓ Triceps and biceps

Weeks 15-21

- Establish and maintain full ROM
- Improve muscular strength, control and endurance
- Introduce functional activities
- Continue and progress strengthening exercises:
 - ✓ PNF
 - ✓ Endurance
 - ✓ Initiate light plyometrics: Rotational diagonals with theraband, medicine ball rotations, dumbbell rotations

Weeks 21-24

- Enhance strength and power
- Advance functional activities
- Full painless ROM
- Muscular strength at 75-80% of contralateral side
- Continue flexibility and strengthening programs
- PNF with manual resistance
- Continued plyometric strengthening