

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.

Weeks 0-2

- Sling for 4 weeks
- Elbow/Hand PROM, hand gripping exercises, and pendulum exercises
- Gentle isometrics for shoulder musculature
- Passive and gentle shoulder AAROM
 - ✓ Flexion to 60 degrees week one then 75 degrees week two
 - ✓ Elevation in scapular plane to 60 degrees
 - ✓ ER (to 10-15 degrees)/IR (to 45 degrees) with arm in scapular plane
 - ✓ No active ER, extension, or abduction
 - ✓ No isolated biceps contractions
 - ✓ Edema control: Ice and HiVolt as needed, kinesiotaping

Weeks 3-5

- No active ER, extension, or elevation
- Initiate rhythmic stabilization drills
- Initiate proprioception training
- Continue isometrics
- Cryotherapy
- Continue gentle PROM and AAROM
 - ✓ Forward flexion allowed to 90 degrees
 - ✓ Abduction allowed to 75-85 degrees
 - ✓ External rotation in scaption to 25-30 degrees
 - ✓ Internal rotation in scaption allowed 55-60 degrees

Weeks 5-6

- Gradually improve ROM
 - ✓ Forward flexion allowed to 145 degrees
 - ✓ External rotation in scaption to 45 degrees
 - ✓ Internal rotation in scaption allowed to 55-60 degrees
- May initiate light rotation ROM at 90 degrees abduction
- May initiate capsular stretching exercises
- Theraband tubing ER/IR at 0 degrees abduction at Week 6
- PNF with manual resistance
- Initiate AROM shoulder abduction with “full can” exercise, prone rowing and prone horizontal abduction

- Still no biceps strengthening

Weeks 7-9

- Continue to progressive isotonic strengthening program
- Continue PNF strengthening
- Initiate Thrower's Ten program
- May begin AROM with biceps
- Progress ROM
 - ✓ Forward flexion allowed to 180 degrees
 - ✓ External rotation in scaption to 90 degrees in 90 degrees of abduction
 - ✓ Internal rotation in scaption allowed to 70-75 degrees

Weeks 10-12

- Progress to slightly more aggressive strengthening
- Continue exercises listed above.

Weeks 12-16

- At this point, the patient should have full pain free AROM, satisfactory stability, 4/5 muscular strength, and no pain or tenderness
- Continue all stretching exercises and capsular stretches
 - If an athlete, maintain thrower's motion
 - May begin resisted biceps and forearm supination exercises

Weeks 16-20

- Continue above program from weeks 12-16 and initiate an interval sport program and then initiate to throwing activities only with approval of MD
- Continue strengthening exercises
 - ✓ Thrower's Ten program
 - ✓ Endurance training
 - ✓ Initiate light plyometric program

Weeks 20-24

- Full pain free AROM, satisfactory static stability, muscular strength 75-80% of contralateral side, no pain or tenderness
- Continue strengthening exercises