



Glenoid/ Humeral Head Microfracture

Name _____ DOS: _____
 Dr. Petre _____ DX: _____

☐ = Do exercise for that week/month

Week

	Phase I – Maximal Protection Passive Range of Motion (PROM)	1	2	3	4	5	6	7	8	9	10	13	17	21	25		
PROM Restrictions FE: Full as Tol ER: Full as Tol IR: Full as Tol ABD: Full as Tol Begin full AROM: Full as tol Sling 2 weeks for comfort T.E.D. Hose 2 weeks to prevent DVT Time Lines Week 1 (POD 1-7) Week 2 (POD 8-14) Week 3 (POD 15-21) Week 4 (POD 22-28)	DATE																
	Scapular Retraction-Depression	●	●	●	●	●	●										
	Cervical ROM Exercises	●	●	●	●	●	●										
	Elbow/Hand/Wrist ROM	●	●	●	●	●	●										
	Pendulums	●	●	●	●	●	●										
	Aqua Therapy for Gentle AAROM		●	●	●	●	●										
	Glenohumeral Circumduction	●	●	●	●	●	●	●	●								
	Passive ROM																
	External Rotation	●	●	●	●	●	●	●	●	●	●		Continue until Full PROM is complete				
	Forward Elevation & Scaption	●	●	●	●	●	●	●	●	●	●						
Abduction	●	●	●	●	●	●	●	●	●	●							
Internal Rotation to Belt Line	●	●	●	●	●	●	●	●	●	●							
Internal Rotation	●	●	●	●	●	●	●	●	●	●							
	Phase II-Minimal Protection Active Range of Motion (AROM)	1	2	3	4	5	6	7	8	9	10	13	17	21	25		
	Active Assist ROM																
	Internal & External Rotation		●	●	●	●	●	●	●	●	●						
	Forward Elevation & Scaption		●	●	●	●	●	●	●	●	●						
	Isometrics-Light																
	Internal/External Rotation		●	●	●	●	●	●	●	●	●						
	Biceps/Triceps		●	●	●	●	●	●	●	●	●						
	Active ROM																
	Sidelying External Rotation		●	●	●	●	●	●	●								
	Forward Elevation & Scaption (lawn chair progression)		●	●	●	●	●	●	●								
	Salutes (lawn chair progression)		●	●	●	●	●	●	●								
	Prone Horizontal Abduction w/ ER		●	●	●	●	●	●	●								
	Prone Lower Traps to 60		●	●	●	●	●	●	●								
	Prone Extensions with ER		●	●	●	●	●	●	●								
	Open Chain Proprioception		●	●	●	●	●	●	●								
	Low Load Prolonged Stretches																
	Door Jam Series		●	●	●	●	●	●	●	●	●						
	Towel Internal Rotation		●	●	●	●	●	●	●	●	●						
	Cross Arm Stretch		●	●	●	●	●	●	●	●	●						
	Sleeper Stretch								●	●	●						
	TV Watching Stretch	●	●	●	●	●	●	●	●	●	●						
	90/90 External Rotation Stretch	●	●	●	●	●	●	●	●	●	●						
	Activities of Daily Living (ADL's)	1	2	3	4	5	6	7	8	9	10	13	17	21	25		
	Eating and Drinking (Elbow Motion Only)	●	●	●	●	●	●										
	Dressing		●	●	●	●	●										
	Washing/Showering		●	●	●	●	●										
	Computer with supported arm	●	●	●	●	●	●										
	Driving	●	●	●	●	●	●										
	Lifting up to 5 lbs.						●	●	●								
	Overhead Activity						●	●	●								
	Lifting greater than 5 lbs.							●	●	●	●						

The intent of this protocol is to provide guidelines for progression of rehab. It is by no means intended to serve as a substitute for clinical decision making. Progression through each phase of rehab is based on clinical criteria and time frames as appropriate. It is important that each phase of rehab is mastered prior to initiating the next phase to insure proper healing of repaired tissues.

Phase III: Initial Resistance Strengthening & Proprioception	1	2	3	4	5	6	7	8	9	10	13	17	21	25
External Rotation					•	•	•	•	•					
Internal Rotation					•	•	•	•	•					
Punches with a Plus						•	•	•	•	•				
Sport Cord Rows						•	•	•	•	•				
Prone Lower Trap					•	•	•	•	•	•				
Bicep Curls					•	•	•	•	•	•				
Triceps Extensions					•	•	•	•	•	•				
Initial Push-up Plus (wall)							•	•	•	•	•			
Initial Closed Chain Stability								•	•	•	•			
Phase IV: Advanced Resistance Strengthening & Proprioception	1	2	3	4	5	6	7	8	9	10	13	17	21	25
External Rotation at 45								•	•	•	•	•		
Bear Hugs								•	•	•	•	•		
External Rotation at 90								•	•	•	•	•		
Statue of Liberty								•	•	•	•	•		
Advanced Push-up Plus											•	•	•	•
Advanced Closed Chain Stability											•	•	•	•
PNF with Resistance								•	•	•	•	•		
Decelerations										•	•	•		
Plyometric External Rotation										•	•	•		
Phase IV: Weight Lifting in Gym and Return to Sports	1	2	3	4	5	6	7	8	9	10	13	17	21	25
CRITERIA: FULL PAINFREE MOTION AND FULL ROTATOR CUFF STRENGTH RESTORED NO LAT PULLS BEHIND BACK, OR WIDE GRIP BENCH PRESS														
Skiing											•	•	•	•
Throwing Progression											•	•	•	
Overhead and Serving Sports (tennis, volleyball)												•	•	
Contact Sports (football, hockey, lacrosse)												•	•	
Swimming												•	•	

These protocols were originally developed by The Steadman Clinic and Howard Head Sports Medicine in Vail, CO
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