	Name)						DOS							
Dr. Ben Petre Orthopedic Surgery		. Petre	;					DX:							
Orthopedic Surgery		Weel													
	I= Do exercise for that week/month Phase I – Maximal Protection														
	Passive Range of Motion (PROM)	1	2	3	4	5	6	7	8	9	10	13	17	21	
PROM	DATE						Î	Î							
Restrictions	Scapular Retraction-Depression	•	•	•	•	•	•								T
E: Full as tol	Cervical ROM Exercises	•	•	•	٠	٠	•								
ER: Full as tol	Elbow/Hand/Wrist ROM	•	•	•	٠	٠	•								T
R: Full as tol	Pendulums	•	•	•	•	•	•	1							T
ABD: Full as tol	Aqua Therapy for Gentle AAROM			•	•	•	•								T
	S/L Scapular Mobilizations	•	•	•	•	•	•	1							
Begin full AROM:	Passive ROM														
Full as tol	External Rotation	•	•	•	•	•	•								Г
	Forward Elevation & Scaption	•	•	•	٠	٠	•	1							
Sling	Abduction	•	•	•	•	•	•								
weeks for comfort	Internal Rotation to Belt Line	•	•	•	٠	٠	•	1							T
	Internal Rotation	•	•	•	•	•	•								T
	Phase II-Minimal Protection					_		_				40	4-		
	Active Range of Motion (AROM)	1	2	3	4	5	6	7	8	9	10	13	17	21	
T.E.D. Hose	Active Assist ROM														
weeks to prevent DVT	Internal & External Rotation	٠	٠	٠	٠	٠	٠								
	Forward Elevation & Scaption	•	٠	٠	٠	٠	٠								╞
	Isometrics														
	Internal/External Rotation	٠	٠	٠	•	•	٠								
Time Lines	Scapular stabilizers	٠	٠	٠	•	•	٠								
Week 1 (POD 1-7)	Active ROM														
Week 2 (POD 8-14)	Sidelying External Rotation		٠	٠	•	•	•								
Neek 3 (POD 15-21)	Forward Elevation & Scaption		٠		•	•	•								
Neek 4 (POD 22-28)	(lawn chair progression)		٠		•	•	•								
	prone scapular retraction	٠	٠	•	•	•	•								╋
	Prone Horizontal Abduction w/ ER														
	Prone Lower Trap Row		٠	•	•	•	•								
	Prone Extensions with ER	••••													
	Open Chain Proprioception		•	•	•	•	•								
ndications	Low Load Prolonged Stretches														
. Early scapular	Door Jam Series			•	•	•	•	•	•						
mobilizations	Towel Internal Rotation					•	•	•	•						
2. Scapular isometrics	Cross Arm Stretch			•	•	•	•	•	•						
3. Progress scapular	Sleeper Stretch					٠	•	•	٠						
stabilization training	TV Watching Stretch	٠	٠	•	•	•	•	•	•						
	90/90 External Rotation Stretch			٠	٠	٠	•	•	٠						
	Activities of Daily Living (ADL's)	1	2	3	4	5	6	7	8	9	10	13	17	21	
	Eating and Drinking (Elbow Motion														
	Only)	•	•	•	٠	٠									╞
	Dressing	•	•	•	٠	٠									
	Washing/Showering	•	•	•	٠	٠	<u> </u>	<u> </u>	<u> </u>		<u> </u>				┡
	Computer with supported arm	•	•	•	٠	٠	┣───	┣───	 	<u> </u>	 		<u> </u>	<u> </u>	╞
	Driving		•	•	•	•				—			<u> </u>	—	┞
	Lifting up to 5 lbs.			<u> </u>	•	•	•	•	•	—			<u> </u>	—	┞
	Overhead Activity					•	•	•	•						╞
	Lifting greater than 5 lbs. ovide guidelines for progression of rehab	<u> </u>		L	l and a set of the	I	•	•	•	a a b a b	<u> </u>			alars f	

Phase III: Initial Resistance Strengthening & Proprioceptic	on 1	2	3	4	5	6	7	8	9	10	13	17	21
External Rotation				٠	٠	٠	٠	٠	٠	٠			
Internal Rotation				٠	٠	٠	٠	٠	٠	٠			
Punches with a Plus				٠	٠	٠	٠	٠	٠	٠			
Sport Cord Rows				٠	٠	•	٠	٠	٠	٠			
Prone Lower Trap				٠	٠	•	٠	٠	٠	٠			
Bicep Curls				٠	٠	•	٠	٠	٠	٠			
Triceps Extensions				٠	٠	٠	٠	٠	٠	•			
Initial Push-up Plus					•	٠	٠	٠	٠	٠			
Initial Closed Chain Stability					•	٠	٠	•	•	•			
Phase IV: Advanced Resistand Strengthening & Proprioceptic	1	2	3	4	5	6	7	8	9	10	13	17	21
External Rotation at 45						•	•	•	٠	•	•		
Bear Hugs						•	•	•	•	•	•		
External Rotation at 90						٠	•	٠	•	•	•		
Statue of Liberty						•	•	•	•	•	•		
Advanced Push-up Plus								•	٠	•	•		
Advanced Closed Chain Stability	/								•	•	•		
PNF with Resistance									٠	•	•		
Decelerations										•	•		
Plyometric External Rotation										•	•		
Phase IV: Weight Lifting in Gy and Return to Sports	' ^m 1	2	3	4	5	6	7	8	9	10	13	17	2'
CRITERIA: FUI	LL PAINFR NO LAT PU										ESTOF	RED	
Skiing										٠	٠	•	•
Throwing Progression										٠	٠	•	•
Overhead and Serving Sports											•	•	
(tennis, volleyball)													
												-	
Contact Sports (football, hockey, lacrosse)												•	•