

**Shoulder Protocol Summary
For Dr. Petre**

Procedure	Phase I PROM	Phase II AROM	Phase III Initial Strengthening	Phase IV Advanced Strengthening	Special Considerations
SAD/Biceps Tenodesis/Capsular Release	Week 1-2	Week 2-4	Week 4-6	Week 6-12 Throwing Progression Week 8-12	No resisted Biceps 6 wks
Bankart Repair-Moderate Program	Week 1-4	Week 5-7	Week 8-9	Week 10-12 Throwing Progression Week 12-16	ER 30 for 3 weeks
Bankart Repair-Conservative Program	Week 3-5	Week 6-7	Week 8-12	Week 12-16 Throwing Progression Week 12-16	Er 30 for 3 weeks
SLAP Repair-Moderate Program	Week 1-2	Week 5-7	Week 8-9	Week 10-12 Throwing Progression Week 12-16	Avoid 90/90 for 4 weeks NO resisted Biceps 6 wks
SLAP Repair-Conservative Program	Week 1-5	Week 6-7	Week 8-10	Week 10-16 Throwing Progression Week 10-12	Avoid 90/90 for 4 weeks
Anterior Capsular Reconstruction	Week 7	Week 7-8	Week 8-9	Week 10-16	Stretch ER as needed for fxl ROM after 6 weeks
Latarjet Procedure	Week 1-3	Week 4-6	Week 7-8	Week 9-16	Stretch ER as needed for fxl ROM
AC Reconstruction	Week 3-6	Week 7-8	Week 9-12	Week 13-16	No traction or WB to shldr no lifting/carrying x 6wks
Total Shoulder Arthroplasty	Week 1-3	Week 4-6	Week 7-8	Week 9-16	
Reverse Total Shoulder Arthroplasty	Week 1-4	Wk 1 for ABD, GE Wk 5 for ER, ABD AG	Week 5-6 Isometric Deltoid week 1	Week 6-16	May begin Slideboard ABD AROM wk 1; Avoid 90/90
RC Fast Response	Week 1-2	Week 3-5	Week 6-7	Week 8-16	Overhead and contact sports at 13 or 17 weeks?
RC Repair Moderate Program	Week 1-5	Week 6-7	Week 8-9	Week 10-21	
RC Repair Conservative Program	Week 1-6	Week 7-9	Week 10-12	Week 13-21	No IR behind back until 4 wks

