



ORTHOPEDIC AND SPORTS MEDICINE CENTER

SPORTS MEDICINE DIVISION
COMBINED REHAB PROTOCOLS

XXX Rehab Protocol

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**AAMC ORTHOPEDIC AND SPORTS
MEDICINE SPECIALISTS**

**AAHS OUTPATIENT PHYSICAL THERAPY
SPORTS GROUP**

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TIMELINE

GOALS

EXERCISES/METHODS

<p>Early Post-operative Day 1-week 2</p>	<p>Initiate edema control modalities Begin ROM</p>	<p>Scapular retractions A/PROM elbow and wrist Grip strengthening with stress ball/puddy Gentle supine GHJ PRO (flexion,abd,add,IR,ER) *Avoid end range</p>
<p>Goals/Restrictions/Milestones: Achieve PROM GHJ flex / abd to 90 degrees Independent with HEP for elbow/grip/scapular retraction</p>		
<p>Sub-Acute Post-Operative: 2-6 weeks</p>	<p>+Avoid AC Joint inflammation + Continue to gain GH ROM progressively</p>	<p>Initiate pendulums Initiate supine AAROM: Flex / scaption / IR / ER Initiate light IR/ER isometrics (in sling) Continue supine GHJ PROM / modalities as above *Progress to full PROM</p>
<p>Goals/Restrictions/Milestones: Achieves PROM GHJ flex to >= 150 degrees Pain free with d/off sling for treatment</p>		
<p>Moderate Activity: 6-10 weeks</p>	<p>Discontinue sling use Full PROM, start full AROM Initiate strengthening</p>	<p>Isometrics 6-way out of sling (flex/ext/IR/ER/abd/add) Initiate AROM: Sidelying ER Forward elevation / scaption to 90 degrees Initiate resisted elbow flex/ext Initiate PRONE scapular strengthening: GHJ extension with ER Horizontal abduction with ER Lower traps 60 degree abduction</p>

BRACING/SLING

- Sling for 6 weeks

ROM RESTRICTIONS

- To Tolerance

WEIGHT BEARING

- 5lbs for 6 weeks

OTHER RESTRICTIONS AND KEY CONSIDERATIONS

- None

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EXERCISES/METHODS

Week 6-10 Continued		<p>*Week 8</p> <p>begin forward elevation / scaption above 90 degrees</p> <p>begin IR/ER PROM at 90 degrees abduction</p> <ul style="list-style-type: none"> - Initiate capsular stretching (sleeper / cross arm stretches) - Initiate manual rhythmic stabilization - begin UBE
<p>Goals/Restrictions/Milestones:</p> <p>AROM to > 90 degrees without shoulder shrug compensation</p> <p>BUE AROM flex/abd with symmetrical scapular abduction/upward rotation</p> <p>Full overhead PROM in prone (equal to unaffected UE)</p>		
Weeks 10-16	<p>Progressive resisted strengthening AROM all directions</p> <p>Emphasis on scapulohumeral rhythm with increased resistance over 90 degrees</p>	<p>Initiate RTC stability (ball on wall activities)</p> <p>Initiate prone flexion</p> <p>Initiate machine row / pulldown</p> <p>*Week 12 – begin closed chain shoulder girdle activity</p> <p>Initiate resisted IR/ER at 90 degrees abduction</p> <p>Resisted PNF D1/D2</p>
High level Activity: 16+ weeks	Return to sport	<p>Initiate throwing / progress throwing protocols</p> <p>Dynamic closed chain shoulder activity</p> <p>Progress to sport specific / work conditioning program</p>

SHOWERING

1. May Shower day 1 after surgery
2. Must “waterproof” surgical site for 5 days after surgery
3. No submerging wounds for 4 weeks

WOUND CARE

1. Remove everything except steri strips the day after surgery
2. Place clean gauze or op-site on wounds daily for 5 days

MEDICATIONS

1. Pain medicine only as needed. Wean off as soon as possible

RETURN TO PLAY CRITERIA



**The
Orthopaedic
and Sports
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