

POST – OPERATIVE PHASE I (WEEKS 0-6)
MAXIMUM PROTECTION PHASE

GOALS:

- Promote healing : reduce pain, inflammation and swelling
- Elevation in plane of scapula: to 120°
- External Rotation: to 30°
- Independent Home Exercise Program

TREATMENT RECOMMENDATIONS:

- PROM elevation in scapula plane
- AAROM ER (supine with wand in scapula plane)
- Scapular mobility and stability (sidelying, progressing to manual resistance)
- Emphasize patient compliance to HEP and protection during ADLs
- Scapula retraction in sitting
- Codman Pendulum exercises
- Distal AROM of hand, wrist, elbow
- Cryotherapy

Emphasize:

- PROTECTING SURGICAL REPAIR
- Patient compliance with sling immobilization

PRECAUTIONS:

- Sling Immobilizer to be worn at all times except when exercising
- External Rotation to $\leq 30^\circ$

MINIMUM CRITERIA FOR ADVANCEMENT:

- Elevation in plane of scapula: to 120°
- External Rotation to 30°
- Independent Home Exercise Program
- Minimal pain or inflammation

POST – OPERATIVE PHASE II (WEEKS 6-12)

GOALS:

- Pain control
- Elevation in plane of scapula: to 150°
- External Rotation: to 45°
- Independent Home Exercise Program
- Begin to restore scapula and rotator cuff strength

Emphasize:

- Increasing flexibility
- Gently restoring strength

TREATMENT RECOMMENDATIONS:

- D/C immobilizer (MD directed)
- P/AAROM FF and ER (using wand)
- Pulleys (ROM > 120 with good humeral head control)
- AROM (including internal rotation towel pass)
- Humeral head control exercises (Rhythmic Stabilization at 120)
- Sub-maximal isometrics Flex/Ext/ER/IR
- Closed kinetic chain exercises (ball stabilization)
- Scapular stabilization
- Scapula retraction and extension with elastic bands
- Cane extension
- IR stretch using strap
- Airdyne
- Modalities for pain and edema, Cryotherapy
- Progress HEP

PRECAUTIONS:

- Avoid painful activities of daily living

MINIMUM CRITERIA FOR ADVANCEMENT:

- Minimal pain with activities of daily living
- ROM : Elevation in plane of scapula to 150°, External rotation to 45°;
- Independent home exercise program

POST – OPERATIVE PHASE III (WEEKS 12-16)

GOALS:

- Elevation in plane of scapula: to 160°
- External Rotation: to 60°
- Internal rotation to T12
- Restore normal scapulohumeral rhythm < 90 elevation
- Upper extremity strength 4/5
- Upper extremity endurance
- Independent Home Exercise Program

Emphasize:

- Increasing flexibility
- Restoring strength
- Avoiding posterior capsule tightness

TREATMENT RECOMMENDATIONS:

- Progress ROM as appropriate
- Flexibility exercises (IR stretch using opposite hand, posterior capsule stretch)
- Strengthening Periscapular and RC muscles: Scaption, ER & IR with elastic band
- Rhythmic humeral head stabilization
- PRE's for scapula, elbow: bicep curl
- Elevation in scapula plane
- Progressive resistive equipment (row, chest press)
- Unilateral cable column Latissimus dorsi pull down
- PNF patterns as tolerated
- UE endurance (Airdyne)
- Modalities prn
- Progress HEP

PRECAUTIONS:

- Avoid painful activities of daily living
- Avoid movements that encourage scapula hiking or poor body mechanics
- Avoid stiff posterior capsule

MINIMUM CRITERIA FOR ADVANCEMENT:

- Minimal pain and inflammation
- Elevation in plane of scapula: to 160°
- External Rotation: to 60°
- IR to T12
- Muscle strength 4/5
- Normal scapulohumeral rhythm (< 90 elevation)



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POST – OPERATIVE PHASE IV (WEEKS 16-22)

GOALS:

- Restore normal neuromuscular function
- Maximize ROM, strength and flexibility
- Normal scapulohumeral rhythm > 100 degree elevation
- Independent in Home/Gym therapeutic exercise program

PRECAUTIONS:

- Avoid painful activities
- Avoid lifting heavy objects

TREATMENT RECOMMENDATIONS:

- Tailor any remaining deficits in ROM, strength and flexibility
- Active and passive ROM exercises
- Flexibility program- posterior capsule stretch, towel stretch (IR)
- Progressive resistive exercises- theraband, dumbbells
- Rhythmic stabilization
- PNF patterns
- Sports- specific training
- Discharge planning for maintenance and advancement of gains achieved during rehabilitation

CRITERIA FOR DISCHARGE:

- Maximize ROM
- Independence in ADLs
- Normal scapulohumeral rhythm > 100degree elevation