Rehabilitation Precautions:
- Sling will be placed in OR and worn for 6 weeks depending on physician and operative management.
- The sling may be removed for dressing, hygiene, and exercises.
- Sling may also be removed for tabletop activities within pain tolerance such as eating, brushing teeth, writing, and occasional keyboard use.
- Be aware of extent of labral repair (number of anchors, position of tear, extent of tear).
- **Biceps Tenodesis = no isolated biceps activation for 8 weeks**

**STAGE 1**
Post-operative Weeks 1 and 2
- **PROM**
  - Elevation to 75° in the scapular plane
  - ER in scapular plane up to 15°
  - IR in scapular plane up to 45°
  - Posterior joint mobilizations (grades I-II)
  - Elbow ROM – may be AROM/PROM – no resistance
  - Full hand/wrist ROM
  - Pendulum Exercises
- **Strength**
  - Scapular stabilization (scapular clock and manual resisted scapular PNF patterns)
  - Submaximal isometrics in neutral for shoulder and elbow – no elbow flexion
- **Goals to Progress to Next Phase**
  1. Control pain and inflammation
  2. Gradual increase in ROM
  3. Promote healing of tissue
  4. Initiate muscle contraction

Weeks 3 and 4
- **PROM**
  - Elevation to 90° in the scapular plane
  - Abduction to 80°
  - ER in scapular plane up to 30°
  - IR in scapular plane up to 55°
  - Pendulum Exercises
- **AAROM**
  - May begin with same restrictions as PROM
- **Strength**
  - Continue scapular stabilization
  - Rhythmic stabilization
    - Side-lying neutral
    - Hand on ball within ROM limitations
    - No strong ER contractions
  - Continue isometrics

- **Goals to Progress to Next Phase**
  - Achieve full PROM goals
  - Reduce inflammation and pain
  - Tolerate basic strengthening
  - Postural awareness

**Weeks 5 and 6**

- **PROM and AAROM**
  - Elevation to 145°
  - ER at 45° abduction to 50°
  - IR at 45° abduction to 60°
  - *Gentle* IR and ER stretch at 90° abduction

- **AROM**
  - Full can WITHOUT weight
  - Abduction as tolerated

- **Strength**
  - Initiate IR/ER at neutral (0° of abduction) with tubing
    - Towel roll placed under arm
  - Prone exercises WITHOUT weight
    - Row
    - Horizontal abduction
    - Extension to neutral
  - Supine punches with light resistance
  - Scapular PNF Patterns
  - UBE with light resistance

- **Goals to Progress to Next Phase**
  - Achieve PROM and AAROM limitations
  - No exacerbations of pain
  - Independent with HEP

**STAGE 2**

**Weeks 7 to 9**

- **PROM/AAROM**
  - Full flexion
  - Full abduction
  - ER in neutral and 90° abduction: up to 90°
  - IR in neutral and 90° abduction: up to 70°
  - Towel and side-lying internal rotation stretch
  - Continue posterior and initiate inferior Grade III-IV mobilization at GH joint
- **AROM**
  - May begin AROM biceps at 8 weeks
  - Continue to progress elevation and abduction AROM

- **Strength**
  - Initiate biceps strengthening at 8 weeks with elbow flexed and neutral abduction
  - Continue isotonic strengthening
  - Initiate Thrower’s 10 Program
  - PNF patterns with tubing
  - Progress rhythmic stabilization

- **Goals to Progress to Next Phase**
  1. Achieve full AROM by 9 weeks except ER if thrower
  2. NO substitution patterns
  3. Low pain scores

**Weeks 10 to 12**

- **PROM/AAROM**
  - Full in all planes
  - May progress throwers to beyond 90° ER

- **AROM**
  - Continue as necessary to sport and ADL demands

- **Strength**
  - Continue isotonic and scapular strengthening
  - Begin ER/IR at 90° abduction
  - Advance Thrower’s 10 and CKC exercise as tolerated
  - Progress biceps strengthening

**STAGE 3**

**Weeks 12 to 20**

- **ROM**
  - Continue to progress AROM, PROM as needed for ADL and sport demands
  - Ensure thoracic and cervical mobility

- **Strength**
  - May begin resisted biceps and forearm supination
  - Muscular endurance exercise
  - Light plyometrics
    - Begin with two hands and progress to one
    - Wall ball dribbles/free throws with single hand
  - Light tossing – Single knee throwing 15 feet with emphasis on proper throwing mechanics and follow through. (Only if ROM has been normalized in all planes)
  - Progress eccentric strengthening of posterior cuff and scapular musculature
  - Begin throwing progression at 4 months
  - Restricted sport activity (light swimming, half golf swings, sport specific activities)
  - No contact sports

- **Goals to Return to Sport**
  - Full throwing status at 6-8 months with successful completion of throwing program

*Please call 614-293-2385 with any questions*
References


