

SEAN P ROBINSON, MD

PHASE 1: 0-6 weeks

ROM:

1. Limit ER to passive 45 to protect subscapularis

IMMOBILIZER:

1. 0-4 weeks at all times, off for gentle exercise only
2. 4-6 weeks: daytime only

EXERCISES:

1. 0-3 weeks: grip strength, pendulums
2. 3-6 weeks: Begin cuff and deltoid isometrics, limit ER to passive 45
3. NO ACTIVE IR OR Extension until 6 weeks

PHASE 2: 6-12 weeks

ROM:

1. Increase as tolerated to full
2. Begin AAROM/AROM IR and Extension @ 6 weeks

IMMOBILIZER: NONE

EXERCISES:

1. 6-8 weeks: Light resisted ER, FF, Abduction
2. 8-12 weeks: Begin resisted IR, Extension, Scapular retraction

PHASE 3: 12-24 weeks

ROM:

1. Progress to full without discomfort

IMMOBILIZER: NONE

EXERCISES:

1. Advance strengthening as tolerated
2. Closed chain scapular rehab and functional cuff strengthening focusing on anterior deltoid and teres
3. Maximize scapular stabilization