

**Shoulder Protocol Summary  
For Dr. Millett  
SHC and UHSMC 8-07-07**

<b>Procedure</b>	<b>Phase I PROM</b>	<b>Phase II AROM</b>	<b>Phase III Initial Strengthening</b>	<b>Phase IV Advanced Strengthening</b>	<b>Special Considerations</b>
<b>SAD/Biceps Tenodesis/Capsular Release</b>	Week 1-2	Week 2-4	Week 4-6	Week 6-12 Throwing Progression Week 8-12	No resisted Biceps 6 wks
<b>Bankart Repair-Moderate Program</b>	Week 1-4	Week 5-7	Week 8-9	Week 10-12 Throwing Progression Week 12-16	ER 30 for 3 weeks
<b>Bankart Repair-Conservative</b>	Week 3-5	Week 6-7	Week 8-12	Week 12-16 Throwing Progression Week 12-16	Er 30 for 3 weeks
<b>SLAP Repair-Moderate Program</b>	Week 1-2	Week 5-7	Week 8-9	Week 10-12 Throwing Progression Week 12-16	Avoid 90/90 for 4 weeks
<b>SLAP Repair-Conservative Program</b>	Week 1-5	Week 6-7	Week 8-10	Week 10-16 Throwing Progression Week 10-12	NO resisted Biceps 6 wks Avoid 90/90 for 4 weeks
<b>Anterior Capsular Reconstruction</b>	Week 7	Week 7-8	Week 8-9	Week 10-16	Stretch ER as needed for full ROM after 6 weeks
<b>Latarjet Procedure</b>	Week 1-3	Week 4-6	Week 7-8	Week 9-16	Stretch ER as needed for full ROM
<b>AC Reconstruction</b>	Week 3-6	Week 7-8	Week 9-12	Week 13-16	No traction or WB to shldr no lifting/carrying x 6wks
<b>Total Shoulder Arthroplasty</b>	Week 1-3	Week 4-6	Week 7-8	Week 9-16	
<b>Reverse Total Shoulder Arthroplasty</b>	Week 1-4	Wk 1 for ABD, GE Wk 5 for ER, ABD	Week 5-6 Isometric Deltoid week 1	Week 6-16	May begin Slideboard ABD AROM wk 1; Avoid 90/90
<b>RC Healing Response</b>	Week 1-2	Week 3-5	Week 6-7	Week 8-16	Overhead and contact sports at 13 or 17 weeks?
<b>RC Repair Moderate Program</b>	Week 1-5	Week 6-7	Week 8-9	Week 10-21	
<b>RC Repair Conservative Program</b>	Week 1-6	Week 7-9	Week 10-12	Week 13-21	No IR behind back until 4 wks
<b>Latissimus Dorsi Transfer</b>	Week 3-6	Week 7-9	Week 10-12	Week 13-21	Use Biofeedback for NM RE-E of Lat; No IR Behind Back 4wks
When deciding which protocol to use, all operative procedures performed must be considered so that the most limiting protocol is used. Each protocol should be reviewed and adjusted as necessary to accommodate each individual's unique surgical procedure, tissue quality, age, activity level and outcome expectations. Always compare the protocol to the surgeon's order and clarify any discrepancies before distributing the protocol. The protocols are guidelines and are in no way meant to replace sound clinical judgment.					

**Shoulder Protocol Summary**  
**For Dr. Millett**  
**SAC and HHSMC 8/07/07**

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# Open Pec Major Repair Protocol

Name \_\_\_\_\_ DOS: \_\_\_\_\_  
 Dr. Millett \_\_\_\_\_ DX: \_\_\_\_\_

! = Do exercise for that week/month **Week**

		1	2	3	4	5	6	7	8	9	10	13	17	21	25	
<b>PROM</b>	<b>Protection (PROM)</b>															
	<b>DATE</b>															
<b>Restrictions</b>	Scapular Retraction-Depression	•	•	•	•	•	•									
	FE: Cervical ROM Exercises	•	•	•	•	•	•									
	ER: Elbow/Hand/Wrist ROM	•	•	•	•	•	•									
	IR: Pendulums	•	•	•	•	•	•									
	ABD: Aqua Therapy for Gentle AAROM				•	•	•									
<b>Begin full AROM:</b>	Ankle Pumps to prevent DVT's	•	•	•	•											
	<b>Passive ROM</b>															
<b>Sling</b>	External Rotation	30 degrees 4 weeks					•	•	•	•	•	Continue PROM until full ROM is achieved.				
	Forward Elevation & Scapion	•	•	•	•	•	•	•	•	•						
	Abduction	90 for 4 Weeks					•	•	•	•	•					
	Internal Rotation to Belt Line	•	•	•	•	•	•	•	•	•						
	Internal Rotation (Gentle)	•	•	•	•	•	•	•	•	•						
<b>T.E.D. Hose</b>	<b>Phase II Minimal Protection</b>															
	<b>Active Range of Motion (AROM)</b>	1	2	3	4	5	6	7	8	9	10	13	17	21	25	
<b>2 weeks to prevent DVT</b>	<b>Active Assist ROM</b>															
	Internal & External Rotation						•	•	•							
<b>Time Lines</b>	Forward Elevation & Scapion						•	•	•							
	<b>Isometrics-Light</b>															
	External Rotation at 0°		•	•	•	•	•	•	•							
	Biceps/Triceps					•	•	•	•							
	<b>Active ROM</b>															
	0°				•	•	•	•	•							
	Forward Elevation & Scapion (lawn chair progression)							•	•							
	Salutes (lawn chair progression)							•	•							
	ER							•	•							
	Prone Lower Traps to 60							•	•							
Prone Extensions with ER							•	•								
Open Chain Proprioception							•	•								
<b>Stretches</b>	<b>Stretches</b>															
	Door Jam Series							•	•	•						
	Towel Internal Rotation							•	•	•	•					
	Cross Arm Stretch							•	•	•	•					
	Sleeper Stretch							•	•	•	•					
	TV Watching Stretch							•	•	•						
	90/90 External Rotation Stretch							•	•	•						
	<b>Activities of Daily Living (ADL's)</b>	1	2	3	4	5	6	7	8	9	10	13	17	21	25	
	Eating/Drinking (Elbow motion ok)															
	Dressing															
Washing/Showering	Use Uninvolved Arm Only															
Computer with supported arm	•	•	•	•	•	•										
Driving							•	•	•							
Lifting up to 5 lbs.							•	•	•	•	•	•	•	•	•	
Overhead Activity										•	•	•	•	•	•	
Lifting greater than 5 lbs.											•	•	•	•	•	

The intent of this protocol is to provide guidelines for progression of rehab. It is by no means intended to serve as a substitute for clinical decision making. Progression through each phase of rehab is based on clinical criteria and time frames as appropriate. It is important that each phase of rehab is mastered prior to initiating the next phase to insure proper healing of repaired tissues. Contact the staff at HHSMC for assistance in progressing as needed.

<b>Phase III: Initial Resistance Strengthening &amp; Proprioception</b>	1	2	3	4	5	6	7	8	9	10	13	17	21	25
External Rotation							●	●	●	●	●			
Internal Rotation									●	●	●			
Punches with a Plus									●	●	●			
Sport Cord Rows							●	●						
Prone Lower Trap									●	●	●			
Bicep Curls							●	●	●	●	●			
Triceps Extensions							●	●	●	●	●			
Initial Push-up Plus										●	●	●	●	●
Initial Closed Chain Stability										●	●	●	●	●
<b>Phase IV: Advanced Resistance Strengthening &amp; Proprioception</b>	1	2	3	4	5	6	7	8	9	10	13	17	21	25
External Rotation at 45°														
Bear Hugs														
External Rotation at 90°														
Statue of Liberty														
Advanced Push-up Plus														
Advanced Closed Chain Stability														
PNF with Resistance														
Decelerations														
Plyometric External Rotation														
<b>Phase IV: Weight Lifting in Gym and Return to Sports</b>	1	2	3	4	5	6	7	8	9	10	13	17	21	25
<b>CRITERIA: FULL PAINFREE MOTION AND FULL ROTATOR CUFF STRENGTH RESTORED NO LAT PULLS BEHIND BACK, OR WIDE GRIP BENCH PRESS</b>														
Skiing														
Throwing Progression														
Overhead and Serving Sports (tennis, volleyball)														
Contact Sports (football, hockey, lacrosse)														
Swimming														
Howard Head Sports Medicine Centers 181 West Meadow Dr. Vail CO 81657 (970) 476-1225										Therapist: _____				



## Posterior Capsule Reconstruction

Name \_\_\_\_\_ DOS: \_\_\_\_\_  
 Dr. \_\_\_\_\_ DX: \_\_\_\_\_

Do exercise for that week/month **Week**

	<b>Protection (PROM)</b>	1	2	3	4	5	6	7	8	9	10	13	17	21	25	
<b>PROM Restrictions</b> FE: ER: IR: ABD: Horiz Add: 0 for Begin Full AROM:	<b>DATE</b>															
	Scapular Retraction-Depression	•	•	•	•	•	•									
	Cervical ROM Exercises	•	•	•	•	•	•									
	Elbow/Hand/Wrist ROM	•	•	•	•	•	•									
	Pendulums			•	•	•	•	•	•	•	•					
	AAROM					•	•	•	•	•	•					
	Ankle Pumps to prevent DVT's	•	•	•	•	•	•									
	<b>Passive ROM</b>															
	External Rotation**	•	•	•	•	•	•	•	•	•	•	Continue PROM until full ROM is achieved.				
	Forward Elevation & Scaption	90°				•	•	•	•	•	•					
<b>Sling</b>	Abduction	•	•	•	•	•	•	•	•	•	Gentle Flexion and Internal Rotation when appropriate: no stretching for 8 weeks					
Internal Rotation to Belt Line	•	•	•	•	•	•	•	•	•							
Internal Rotation							•	•	•							
<b>T.E.D. Hose</b> 2 Weeks to prevent DVT	<b>Active Range of Motion (AROM)</b>	1	2	3	4	5	6	7	8	9	10	13	17	21	25	
	<b>Active Assist ROM</b>															
	Rotation				•	•	•	•	•	•	•	•	•	•	•	•
	Forward Elevation & Scaption				90°	•	•	•	•	•	•	•	•	•	•	•
	<b>Isometrics-Light</b>															
	Internal/External Rotation			•	•	•	•	•	•	•	•	•	•	•	•	•
	Flexion/Extension			•	•	•	•	•	•	•	•	•	•	•	•	•
	<b>Active ROM</b>															
	Sidelying External Rotation								•	•	•	•	•	•	•	•
	Forward Elevation & Scaption (lawn chair progression)								•	•	•	•	•	•	•	•
<b>Time Lines</b> Week 1 (POD 1-7) Week 2 (POD 8-14) Week 3 (POD 15-21) Week 4 (POD 22-28)	Salutes (lawn chair progression)							•	•	•	•	•	•	•	•	
	ER							•	•	•	•	•	•	•	•	
	Prone Lower Traps							•	•	•	•	•	•	•	•	
	Prone Extensions with ER							•	•	•	•	•	•	•	•	
	Open Chain Proprioception							•	•	•	•	•	•	•	•	
	<b>Stretches</b>															
	Door Jam Series							•	•	•	•	•	•	•	•	
	Towel Internal Rotation										•	•	•	•	•	•
	Cross Arm Stretch										•	•	•	•	•	•
	Sleeper Stretch										•	•	•	•	•	•
<b>Precautions</b> Progress Internal and Horizontal Add cautiously to avoid overstretching the posterior shoulder.	TV Watching Stretch						•	•	•	•	•	•	•	•	•	
	90/90 External Rotation Stretch						•	•	•	•	•	•	•	•	•	
	<b>(ADL's)</b>	1	2	3	4	5	6	7	8	9	10	13	17	21	25	
	Eating/Drinking (Elbow motion ok)					•	•									
	Dressing					•	•									
	Washing/Showering					•	•									
	Computer with supported arm	•	•	•	•	•	•									
	Driving							•	•	•	•	•	•	•	•	•
	Lifting up to 5 lbs.							•	•	•	•	•	•	•	•	•
	Overhead Activity									•	•	•	•	•	•	•
Lifting greater than 5 lbs.										•	•	•	•	•	•	

The intent of this protocol is to provide guidelines for progression of rehab. It is by no means intended to serve as a substitute for clinical decision making. Progression through each phase of rehab is based on clinical criteria and time frames as appropriate. It is important that each phase of rehab is mastered prior to initiating the next phase to insure proper healing of repaired tissues. Contact the staff at HHSMC for assistance in progressing as needed.

**Week**

<b>Strengthening &amp; Proprioception</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>13</b>	<b>17</b>	<b>21</b>	<b>25</b>
External Rotation									•	•	•	•	•	•
Internal Rotation									•	•	•	•	•	•
Punches with a Plus									•	•	•	•	•	•
Sport Cord Rows									•	•	•	•	•	•
Prone Lower Trap									•	•	•	•	•	•
Bicep Curls									•	•	•	•	•	•
Triceps Extensions									•	•	•	•	•	•
Initial Push-up Plus										•	•	•	•	•
Initial Closed Chain Stability										•	•	•	•	•
<b>Resistance Strengthening &amp; Proprioception</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>13</b>	<b>17</b>	<b>21</b>	<b>25</b>
External Rotation at 45°										•	•	•	•	•
Bear Hugs										•	•	•	•	•
External Rotation at 90°										•	•	•	•	•
Statue of Liberty										•	•	•	•	•
Advanced Push-up Plus											•	•	•	•
Advanced Closed Chain Stability											•	•	•	•
PNF with Resistance												•	•	•
Decelerations												•	•	•
Plyometric External Rotation												•	•	•
<b>Phase IV: Weight Lifting in Gym and Return to Sports</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>13</b>	<b>17</b>	<b>21</b>	<b>25</b>
<b>CRITERIA: FULL PAINFREE MOTION AND FULL ROTATOR CUFF STRENGTH RESTORED NO LAT PULLS BEHIND BACK, OR WIDE GRIP BENCH PRESS</b>														
Skiing													•	•
Throwing Progression													•	•
Overhead and Serving Sports (tennis, volleyball)													•	•
Contact Sports (football, hockey, lacrosse)													•	•
Swimming													•	•

Howard Head Sports Medicine Centers  
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Therapist: \_\_\_\_\_



# Latissimus Transfer

Name \_\_\_\_\_ DOS: \_\_\_\_\_

Dr. \_\_\_\_\_ DX: \_\_\_\_\_

! = Do exercise for that week

**Week**

	Protection (PROM)	Week															
ROM	DATE	1	2	3	4	5	6	7	8	9	10	13	17	21	25		
<b>Restrictions</b>	<b>Scapular Retraction-Depression</b>	●	●	●	●	●	●										
<b>FE: Full, gentle</b>	<b>Cervical ROM Exercises</b>	●	●	●	●	●	●										
<b>ER: Full</b>	<b>Elbow/Hand/Wrist ROM</b>	●	●	●	●	●	●										
<b>IR: 0 for 6 wks</b>	<b>Pendulums</b>			●	●	●	●										
<b>HORIZ ADD:0 for 6 wks</b>	<b>AAROM</b>			●	●	●	●										
	<b>Ankle Pumps to prevent DVT's</b>	●	●	●	●	●	●										
<b>Begin full AROM: 6-8 weeks</b>	<b>Passive ROM</b>																
	<b>External Rotation</b>			●	●	●	●	●	●	●	Continue PROM until full ROM is achieved.						
	<b>Forward Elevation &amp; Scaption</b>			●	●	●	●	●	●								
<b>Sling</b>	<b>Abduction</b>			●	●	●	●	●	●	●	Begin Internal Rotation gently as this can stress the latissimus attachment						
<b>Abduction Sling for 5-6 wks</b>	<b>Internal Rotation to Belt Line</b>						●	●	●								
	<b>Internal Rotation</b>							●	●	●							
	<b>Active Range of Motion (AROM)</b>	1	2	3	4	5	6	7	8	9	10	13	17	21	25		
<b>T.E.D. Hose</b>	<b>Active Assist ROM</b>																
<b>2 weeks to prevent DVT's</b>	<b>Internal &amp; External Rotation</b>						●	●	●	●							
	<b>Forward Elevation &amp; Scaption</b>						●	●	●	●							
	<b>Isometrics-Light</b>																
	<b>Internal/External Rotation</b>					●	●	●	●								
<b>Time Lines</b>	<b>Deltoid</b>			●	●	●	●	●	●								
<b>Week 1 (POD 1-7)</b>	<b>Active ROM</b>																
<b>Week 2 (POD 8-14)</b>	<b>Sidelying External Rotation</b>							●	●	●	●	●	●	●			
<b>Week 3 (POD 15-21)</b>	<b>Forward Elevation &amp; Scaption (lawn chair progression)</b>							●	●	●	●	●	●	●	****Use Biofeedback		
<b>Week 4 (POD 22-28)</b>	<b>Salutes (lawn chair progression)</b>							●	●	●	●	●	●	●			
	<b>ER</b>							●	●	●	●	●	●	●			
	<b>Prone Lower Traps to 60</b>							●	●	●	●	●	●	●			
	<b>Prone Extensions with ER</b>							●	●	●	●	●	●	●			
	<b>Open Chain Proprioception</b>							●	●	●	●	●	●	●			
	<b>Stretches</b>																
	<b>Door Jam Series</b>								●	●	●	●	●	●	●	●	
	<b>Towel Internal Rotation</b>								●	●	●	●	●	●	●	●	
	<b>Cross Arm Stretch</b>										●	●	●	●	●	●	
	<b>Sleeper Stretch</b>										●	●	●	●	●	●	
	<b>TV Watching Stretch</b>									●	●	●	●	●	●	●	
	<b>90/90 External Rotation Stretch</b>									●	●	●	●	●	●	●	
	<b>Activities of Daily Living (ADL's)</b>	1	2	3	4	5	6	7	8	9	10	13	17	21	25		
	<b>Eating/Drinking (Elbow motion ok)</b>	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	
	<b>Dressing</b>		●	●	●	●	●	●	●	●	●	●	●	●	●	●	
	<b>Washing/Showering</b>							●	●	●	●	●	●	●	●	●	
	<b>Computer with supported arm</b>		●	●	●	●	●	●	●	●	●	●	●	●	●	●	
	<b>Driving</b>							●	●	●	●	●	●	●	●	●	
	<b>Lifting up to 5 lbs.</b>							●	●	●	●	●	●	●	●	●	
	<b>Overhead Activity</b>										●	●	●	●	●	●	
	<b>Lifting greater than 5 lbs.</b>											●	●	●	●	●	

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Week														
Phase III: Initial Resistance Strengthening & Proprioception	1	2	3	4	5	6	7	8	9	10	13	17	21	25
External Rotation										●	●			
Internal Rotation										●	●			
Punches with a Plus										●	●			
Sport Cord Rows														
Prone Lower Trap										●	●			
Bicep Curls										●	●			
Triceps Extensions										●	●			
Initial Push-up Plus										●	●	●		
Initial Closed Chain Stability										●	●	●		
Phase IV: Advanced Resistance Strengthening & Proprioception	1	2	3	4	5	6	7	8	9	10	13	15	21	25
External Rotation at 45°														
Bear Hugs														
External Rotation at 90°														
Statue of Liberty														
Advanced Push-up Plus														
Advanced Closed Chain Stability														
PNF with Resistance														
Decelerations														
Plyometric External Rotation														
Phase IV: Weight Lifting in Gym and Return to Sports	1	2	3	4	5	6	7	8	9	10	13	15	21	25
<b>CRITERIA: FULL PAINFREE MOTION AND FULL ROTATOR CUFF STRENGTH RESTORED NO LAT PULLS BEHIND BACK, OR WIDE GRIP BENCH PRESS</b>														
Skiing														
Throwing Progression														
Overhead and Serving Sports (tennis, volleyball)														
Contact Sports (football, hockey, lacrosse)														
Swimming														
Howard Head Sports Medicine Centers 181 West Meadow Dr. Vail CO 81657 (970) 476-1225										Therapist: _____				

Use Biofeedback

Check with Physican



**BLANK**

Name \_\_\_\_\_ DOS: \_\_\_\_\_  
 Dr. \_\_\_\_\_ DX: \_\_\_\_\_

= Do exercise for that week/month **Week**

	Protection (PROM)	1	2	3	4	5	6	7	8	9	10	13	17	21	25
<b>PROM Restrictions</b> FE: ER: IR: ABD: Begin full AROM:	<b>DATE</b>														
	Scapular Retraction-Depression														
	Cervical ROM Exercises														
	Elbow/Hand/Wrist ROM														
	Pendulums														
	AAROM														
	Ankle Pumps to prevent DVT's														
	<b>Passive ROM</b>														
	External Rotation														
	Forward Elevation & Scaption														
<b>Sling</b>	Abduction														
	Internal Rotation to Belt Line														
	Internal Rotation														
	<b>Phase II Minimal Protection Active Range of Motion (AROM)</b>	1	2	3	4	5	6	7	8	9	10	13	17	21	25
<b>T.E.D. Hose</b> 2 weeks to prevent DVT	<b>Active Assist ROM</b>														
	Internal & External Rotation														
	Forward Elevation & Scaption														
	<b>Isometrics-Light</b>														
	Internal/External Rotation														
	Biceps/Triceps														
	<b>Active ROM</b>														
	Sidelying External Rotation														
	Forward Elevation & Scaption (lawn chair progression)														
	Salutes (lawn chair progression)														
<b>Time Lines</b> Week 1 (POD 1-7) Week 2 (POD 8-14) Week 3 (POD 15-21) Week 4 (POD 22-28)	ER														
	Prone Lower Traps to 60														
	Prone Extensions with ER														
	Open Chain Proprioception														
	<b>Stretches</b>														
	Door Jam Series														
	Towel Internal Rotation														
	Cross Arm Stretch														
	Sleeper Stretch														
	TV Watching Stretch														
90/90 External Rotation Stretch															
<b>(ADL's)</b>	<b>(ADL's)</b>	1	2	3	4	5	6	7	8	9	10	13	17	21	25
	Eating and Drinking (Elbow Motion Only)														
	Dressing														
	Washing/Showering														
	Computer with supported arm														
	Driving														
	Lifting up to 5 lbs.														
	Overhead Activity														
	Lifting greater than 5 lbs.														

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<b>Phase III: Initial Resistance Strengthening &amp; Proprioception</b>	1	2	3	4	5	6	7	8	9	10	13	17	21	25
External Rotation														
Internal Rotation														
Punches with a Plus														
Sport Cord Rows														
Prone Lower Trap														
Bicep Curls														
Triceps Extensions														
Initial Push-up Plus														
Initial Closed Chain Stability														
<b>Phase IV: Advanced Resistance Strengthening &amp; Proprioception</b>	1	2	3	4	5	6	7	8	9	10	13	17	21	25
External Rotation at 45°														
Bear Hugs														
External Rotation at 90°														
Statue of Liberty														
Advanced Push-up Plus														
Advanced Closed Chain Stability														
PNF with Resistance														
Decelerations														
Plyometric External Rotation														
<b>Phase IV: Weight Lifting in Gym and Return to Sports</b>	1	2	3	4	5	6	7	8	9	10	13	17	21	25
<b>CRITERIA: FULL PAINFREE MOTION AND FULL ROTATOR CUFF STRENGTH RESTORED NO LAT PULLS BEHIND BACK, OR WIDE GRIP BENCH PRESS</b>														
Skiing														
Throwing Progression														
Overhead and Serving Sports (tennis, volleyball)														
Contact Sports (football, hockey, lacrosse)														
Swimming														

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Therapist: \_\_\_\_\_