





- **NO shoulder extension or combined extension/abduction**
- **NO UBE or Body Blade**

#### **Weeks 0-1:**

- Sling at all times (except for hygiene and pendulums); pillow behind elbow at night to prevent extension.
- Home exercises (pendulums, elbow + wrist ROM, grip strengthening).

#### **Weeks 1-6:**

- Sling at all times (except for hygiene and PT); pillow behind elbow at night to prevent extension.
- **ROM**: **PASSIVE ROM ONLY**: forward elevation, ER with arm at side, abduction without rotation, as tolerated.
  - Goals by 6 wks: flex 140 deg, ER @ side 40 deg, abduction max 60-80 deg without rotation. Heat before, ice after.
- **Strengthening**: NONE except grip strengthening.

#### **Phase II (6-12 wks): Transition to active motion and protected strengthening.**

#### **STILL NO SHOULDER EXTENSION OR COMBINED EXTENSION/ABDUCTION.** **NO UBE or BODY BLADE**

- D/C sling if cleared by MD
- **ROM**: Light passive stretching at end ranges. Begin AAROM (canes, pulleys, etc.) and progress supine to vertical; gradually progress to AROM after 8 weeks.
  - Goals: full motion by 12 weeks.
- **Strengthening**:
  - Begin periscapular, pec/latisimus/trapezius isometrics with arms below shoulder level @ 6wks.
  - @ 8 wks, begin deltoid and cuff isometrics with arm at the side.
  - **No resisted shoulder motions until after 12 wks.**

#### **Phase III (3-9 months): Begin gentle cuff strengthening and progress to sport-specific/occupation-specific rehab.**

- **ROM**: Passive stretching at end ranges if full motion not achieved. Advance to full active ROM as tolerated.
- **Strengthening/Activities**:
  - @ 3 months
    - Advance as tolerated from isometrics → bands → light weights (1-5lbs) w/ 8-12 reps x 2-3 sets for cuff, deltoid, scapular stabilizers (*Only do this 3x/wk to avoid cuff tendonitis*)
    - Begin eccentrically resisted motions, plyometrics (*weighted ball toss*), proprioception (*body blade*)
  - @ 4.5 months, begin sports-specific/job-specific rehab and advanced conditioning



- Throwing:
  - @ 6 months, if full-strength return to light tossing
  - @ 9 months, throw from the pitcher's mound and/or return to collision sports (hockey, football, etc.)
- Work:
  - Overhead work without lifting is usually possible @ 6 months
  - Can resume heavy labor once full-strength achieved (usually by 9-12 months)

**By signing this referral, I certify that I have examined this patient and physical therapy is medically necessary. This patient \_\_\_ would \_\_\_ would not benefit from social services.**

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**Date:** \_\_\_\_\_

**Bryan M. Saltzman, MD**