

REHABILITATION GUIDELINES FOR SHOULDER –GLOBAL (AROUND THE WORLD STABILIZATION)

PHASE I (0-6 WEEKS POST-OP)

DATES:

Appointments	<p>MD appointment at (10-14 days post-op)</p> <p>Begin physical therapy (4 weeks post-op for multi-directional instability), (5-7 days post-op for chronic shoulder instability)</p>
Rehabilitation Goals	<ul style="list-style-type: none"> Protect the repair Pain control
Precautions	<ul style="list-style-type: none"> PROM only 0-6 weeks with below restrictions: Multi-directional instability: Flexion and Abduction limit to 90 degrees x 4 weeks with slow progression past 90 degrees at 4-6 weeks Chronic Shoulder instability: Flexion and Abduction slow progression with no restriction over 6 weeks ER/IR in neutral limit to 30 degrees x 6 weeks Sling on at all times x 6 weeks
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> No Pendulums x 6 weeks Sub-max RC/scapular isometrics in neutral supine with support of pillows x 4 weeks Passive elbow extension with supportive pillows under shoulder/elbow (no shoulder extension)
Cardiovascular Exercises	<ul style="list-style-type: none"> Bike Walking
Progression Criteria	<ul style="list-style-type: none"> Pain free with PROM restrictions x 6 weeks

PHASE II (6-12 WEEKS)

DATES:

Appointments	Continue physical therapy (2x week)
Rehabilitation Goals	<ul style="list-style-type: none"> • Gain slow steady PROM till full x 12 weeks • Isometric strength • Glenohumeral seating and stabilization of humeral head postural focus
Precautions	<ul style="list-style-type: none"> • No isokinetic strength training x 14 weeks • Slow progression of PROM to full by 12 weeks • Multi-directional Instability: • No AROM x 12 weeks • Chronic Shoulder Instability: • Normal progression of AAROM to AROM with no restrictions
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> • Continue sub-max isometrics in neutral (progress to seated or standing positions) • Table slides for PROM (pain free) • Seated scapular activation (pain free) • Initiate AAROM pain free
Cardiovascular Exercises	<ul style="list-style-type: none"> • Bike • Walking
Progression Criteria	<ul style="list-style-type: none"> • Pain free full PROM

PHASE III (12-16 WEEKS)

DATES:

Appointments	Continue physical therapy (2x week)
Rehabilitation Goals	<ul style="list-style-type: none"> • Begin AROM and light strength phase • Pain free motion with focus on proper glenohumeral seating and scapular control
Precautions	<ul style="list-style-type: none"> • No strength x 14 weeks
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> • Continue with AAROM • Wall slides • Rhythmic stabilization ex's • GH seating ex's for positioning of the shoulder • SLY and standing scapular activation • Light resistance RC strength in neutral • AROM progression without weight with focus on proper glenohumeral motion/control

Cardiovascular Exercises	<ul style="list-style-type: none"> • Upper body ergometer • Bike • Walking
Progression Criteria	<ul style="list-style-type: none"> • Pain free AROM with proper scapula-humeral rhythm

PHASE IV (4-6 MONTHS)

DATES:

Appointments	Continue physical therapy (1-2x week PRN)
Rehabilitation Goals	<ul style="list-style-type: none"> • Strength phase through full AROM • 6 months assess return to work duties
Precautions	<ul style="list-style-type: none"> • No swimming x 6 months • Return to sport assessment x 6 months
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> • Resistance training throughout full AROM • Weight bearing CKC strength progression • Continue with rhythmic stabilization ex's progressing towards all planes • Train reactive core/RC stabilization in all planes • Begin throwing/catching ex's progressing from neutral to all planes
Cardiovascular Exercises	<ul style="list-style-type: none"> • Upper body ergometer • Bike • Hike • Running (pain free)
Progression Criteria	<ul style="list-style-type: none"> • Pain free strength through all ranges of motion • Pass return to sport prior to release for impact sports

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