

Total Shoulder Rehabilitation Protocol

Shane T. Seroyer

POD 1-14 (Phase I)

- Pendulums
- Passive ER to 30⁰, Passive forward elevation to 90⁰ (in the plane of the scapula)

POD 14-28 (Phase II)

- Cont Phase I
- Isometrics of all 3 heads of Deltoid
- Active ROM
- AVOID combo of Abduction/ER; Avoid stretching in IR behind back
- ADL's with sling on
- NO UBE, or handweights
- Sling to remain on for 1 month post op

POD 28+ (Phase 3)

- D/C Sling
- No ROM restrictions,
- Isometric RTC strengthening/ periscapular muscle strengthening
- Resistive strengthening at 6 wks p/o

Phase 4- 3-4 months

- Sport/Activity Specific training



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