

## **Total Shoulder Rehabilitation Protocol**

### **Shane T. Seroyer**

#### **POD 1-14 (Phase I)**

- Pendulums
- Passive ER to 30<sup>0</sup>, Passive forward elevation to 90<sup>0</sup> (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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