

**EKREN PHYSICAL THERAPY SERVICES, INC.**  
**RTC REPAIR THERAPY PROTOCOLS**

<b>IMMOBILIZE</b>	<b>PHASE I</b>	<b>PHASE II</b>	<b>PHASE III</b>
	<b>0-8 WEEKS</b>	<b>3-10 WEEKS</b>	<b>8-16 WEEKS</b>
	<b>PROM, NO END RANGE FORCEFUL STRETCH</b>	<b>AAROM/AROM EXERCISES, SUBMAXIMAL ISOMETRICS RHYTHMIC STABILIZATION, PNF EXERCISES IN SUPINE W/GRAVITY ELIMINATED</b>	<b>SPECIFIC STRENGTHENING, PULLEYS, THERABAND, NAUTILUS, FREE WEIGHTS, ISOKINETIC TRAINING</b>
<b>IMMOBILIZE WITH SLING</b>			
<b>GRADE I: 0-1 WEEKS</b>	<b>1-2 WEEKS</b>	<b>3-8 WEEKS</b>	<b>8-12 WEEKS</b>
<b>GRADE II: 1-2 WEEKS</b>	<b>2-3 WEEKS</b>	<b>4-10 WEEKS</b>	<b>10-14 WEEKS</b>
<b>GRADE III: 2-3 WEEKS</b>	<b>4-8 WEEKS</b>	<b>6/7-12WEEKS</b>	<b>12-16WEEKS</b>
<b>MIGHT USE ABD PILLOW</b>			<b>**10-12 WEEKS BEGIN RESISTIVE WATER EXERCISES</b>
<b>PT NAME: _____</b>	<b>FIRST WEEK:</b>	<b>FIRST 2 WEEKS:</b>	<b>FIRST 2 WEEKS:</b>
<b>D.O.S.: _/ _/ _</b>	<b>GENTLE PROM -ELEVATION IN SCAPTION to 90° -ER TO NEUTRAL ( arm 20-40° ABD) IN SCAPTION</b>	<b>120-140° SUPINE FLEXION IN SCAPTION 20-60° ER IN SCAPTION PLANE IMPROVE SHOULDER EXT/ADD WITH ELBOW FLEX TO OPPOSITE SIDE</b>	<b>AROM WILL BE ACHIEVED WITHIN 80-90% OF NORMAL ROM AGAINST GRAVITY PAIN-FREE STRENGTHENING EXERCISES WITHOUT SUBSTITUTION OF GHJ</b>
	<b>GOALS:</b>	<b>GOALS:</b>	<b>GOALS:</b>
<b>ORTHO SURGEON:  DR. _____</b>	<b>1. EDUCATE PATIENT ON HEP &amp; PROPER POSITIONING FOR OPTIMUM TISSUE HEALING  2. BEGIN EARLY MOBILIZATION TO PROMOTE HEALTHY COLLAGEN FORMATION FOR STRONG EXTENSIBLE SCAR TISSUE</b>	<b>1. IMPROVE HEALING TISSUE; ORGANIZE TYPE III COLLAGEN FIBERS; MATURE TYPE I COLLAGEN FIBERS  2. ESTABLISH GLENOHUMERAL JOINT MOBILITY AND SCAPULOTHORACIC RHYTHM-BEYOND 90° OF GHJ FLEXION THERE IS 1° OF SCAPULOTHORACIC MOVEMENT FOR EVERY 2° OF GHJ FLEXION</b>	<b>1. IMPROVE GHJ AND SCAPULOTHORACIC RHYTHM; GAIN FURTHER ROM NECESSARY FOR INDEPENDENT ADL'S  2. TENDON-BONE GRAFT IS NOW STRONG ENOUGH TO BEGIN MORE SPECIFIC RESISTIVE EXERCISES AS LONG AS PAIN FREE &amp; NO SUBSTITUTION OF GHJ  3. NO OVERHEAD RESISTIVE EXERCISES; WORK ON END RANGE OF MOVEMENT, QUALITY OF MOTION AND FUNCTIONAL GAIN</b>
<b>SPECIFICS:</b>	<b>SECOND WEEK: BEGIN &amp; ACHIEVE PROM IN SUPINE 80-100° FLEXION IN SCAPTION NEUTRAL IN EXTERNAL ROTATION START LIMITED SHOULDER EXTENSION</b>	<b>3. PROMOTE FLEXIBILITY IN SCAR TISSUE AND TENDON; START SHOULDER EXT/IR BEHIND THE BACK AS LONG AS PAIN SUBSIDES AFTER THE STRETCH</b>	<b>4. BASED ON STUDIES, WE DO NOT RECOMMEND EMPTY CANE ABDUCTION OR ANY EXERCISE THAT CAUSES PAIN, STIFFNESS &amp;/OR SWELLING SHOULD BE DISCONTINUED; FOCUS SHOULD BE ON PERIARTICULAR &amp; ANTERIOR DELTOID STRENGTHENING; AS THE PATIENT PROGRESSES, CLOSED-CHAIN EXERCISES WOULD BE BENEFICIAL</b>
	<b>GOALS:</b>		
<b>LIMITATIONS:</b>	<b>1. MINIMIZE LOAD ACROSS THE REPAIR  2. DECREASE PAIN; RESTORE FUNCTION; PROMOTE HEALING  3. IMPROVE TENDON GLIDING; PREVENT ADHESION AND DYSFUNCTION OF GLENOHUMERAL JOINT</b>	<b>4. STRENGTHENING EXERCISES SHOULD BE DONE IN PAIN-FREE RANGE  5. AVOID GHS ELEVATION DURING IR ADVANCEMENT , WORK ON ELBOW FLEXION REACHING TO OPPOSITE SIDE SIJ AREA AND THAN MOVE UP TO THE SPINE</b>	<b>5. WE RECOMMEND CONTINUATION OF PROM &amp; STRETCHING PROGRESSION; CONCENTRIC &amp; ECCENTRIC STRENGTHENING EXERCISES USING PAIN FREE RANGE; ADVANCE PROPRIOCEPTIVE &amp; NEUROMUSCULAR ACTIVITIES NECESSARY FOR SPORT ACTIVITIES; GRADE I AND II REPAIR MAY RETURN TO SPORTS.</b>
<b>OUTCOME % EXPECTATION</b>	<b>4. ELBOW SHOULD BE SUPPORTED AND KEPT HIGHER THAN SHOULDER LEVEL DURING HANDS ON STRETCH  5. BEGIN RHYTHMIC STABILIZATION IN 90° FLEXION IN SUPINE WITH NO PAIN</b>	<b>6. SCAPULAR STABILIZATION AND CLOSE KINETIC CHAIN EXERCISES WILL BE INTRODUCED FOR MUSCLE RE-EDUCATION</b>	<b>6.GRADE III (COMPLETE TEAR/REPAIR) MAY RETURN TO LIGHT ADL'S WITH OR WITHOUT LIMITATION</b>