

Protective Phase

0-3 w post op

SLAP/Anterior Stabilization Posterior Stabilization/MDI

RANGE OF MOTION

- Sling during the day, ultrasling @ night
- AAROM in scaption/FF with elbow @ 90° Limited to 90° for SLAP
- OK to use hand from eyes to thighs
- ER in ADD to neutral and 45° in scaption
- Elbow/wrist flexion extension
- Passive towel slides/chair roll with elbow @ 90° in scaption, FF, ABD, horizontal ADD & ABD
- Codman's for shower to waist axilla
- Pendulums with elbow at 90°
- Soft tissue work
- Postural education
- Assisted wall slides

STRENGTH

- Scapular squeeze and clocks
- Lumbopelvic

CARDIOVASCULAR

- With sling
 - Treadmill,
 - Recumbent bike
 - Stairmaster
 - Elliptical

RANGE OF MOTION

- Ultrasling in ER @ all times
- AAROM in scaption & ABD with elbow @90° Avoid FF°
- OK to use hand from eyes to thighs
- ER as tolerated avoid IR for post stab
- Elbow/wrist flexion extension
- Passive towel slides/chair roll with elbow @ 90° in scaption, FF, ABD, horizontal ADD & ABD
- No Horizontal ADD
- Codman's for shower to waist axilla
- Pendulums with elbow at 90°
- Soft tissue work
- Postural education
- Assisted wall slides

STRENGTH

- Scapular squeeze and clocks
- Lumbopelvic

CARDIOVASCULAR

- With sling
 - Treadmill,
 - Recumbent bike
 - Stairmaster
 - Elliptical

Preparative Phase

3-6 w post op

SLAP/Anterior stabilization

RANGE OF MOTION

- Discontinue sling @ 4 weeks except for crowds/school
- AAROM/AROM for FF & scaption, ER in scaption
- Pulleys w/scapula retracted (**avoid scapular elevation**)
- Towel slides with elbow flexed
(FF, ABD, scaption, horizontal ABD & ADD)
- Pendulums
- Swiss ball rolls, advance to ball/wall rolls
- Closed chain inferior humeral head glide @ 90°

STRENGTH

- Continue & progress scapular stabilization program
- Advance lumbopelvic strengthening
(adding reach & punch in FF & scaption with lunges)
- Ball table rolls to ball wall rolls
- Weight bearing table rocking (@ 6 weeks for SLAP)
(weight shifts: lateral, forward, back, diagonals)
- Bilateral rubber tubing in ER
- One arm pull downs with tubing
- Lat pull downs and rowing with tubing
- Scapular stabilization with tubing, limited amount
(FF, scaption, extension, ER, IR)
- Scapular and short range GH PNF patterns
- Wall walks
- Push up plus wall/table @ 4 weeks
- Closed chain wall slides forearms on wall
- Isometric wall angels in scaption @ 30/60/90°

CARDIOVASCULAR

- Same as protective phase

Posterior stabilization/MDI

- Discontinue sling @ 4 weeks except for crowds/school
Posterior stabs wear sling for 6 weeks in gunslinger
- AAROM/AROM for FF & scaption, ER in scaption
- Pulleys w/scapula retracted (**avoid scapular elevation**)
- Towel slides with elbow flexed
(FF, ABD, scaption, horizontal ABD) No horizontal ADD
- Pendulums
- Swiss ball rolls, advance to ball/wall rolls
- Closed chain inferior humeral head glide @ 90°

- Continue & progress scapular stabilization program
- Advance lumbopelvic strengthening
(adding reach & punch in FF, scaption, ABD with lunges)
- Ball table rolls to ball wall rolls
- Weight bearing table rocking
(weight shifts: lateral, forward, back, diagonals)
- Bilateral rubber tubing in ER
- One arm pull downs with tubing
- Lat pull downs and rowing with tubing
- Scapular stabilization with tubing, limited amount
(Scaption, extension, ER, IR) No FF
- Scapular and short range GH PNF patterns
- Wall walks
- Push up plus wall/table @ 4 weeks
- Closed chain wall slides forearms on wall
- Isometric wall angels in scaption @ 30/60/90°
(full ABD for post stab)

- Same as protective phase

Progressive Phase

6-12w post op

SLAP/Anterior stabilization

RANGE OF MOTION

- AROM/AAROM in all planes to regain full ROM
- Towel slides with elbow extended
- Prayer stretch
- Passive stretch: especially pecs, lats, IR, ER
- Increased soft tissue work prn (pecs, lats)
- Joint mobilization
- Posterior capsule/cuff stretch prn
- Wall washes

STRENGTH

- Progress full kinetic chain
lumbopelvic/scapulothoracic/glenohumeral program
- Reverse corner push-ups below 90° elevation
- Push up plus from table to floor
- Lat pull downs with weights
- Weight shifting: all 4's to floor progression
- Closed chain perturbations
- Sidelying ER, prone ER
- Flexion and scaption raises
- Full range PNF patterns
- PNF patterns with theraband
(stand, sit, prone on swiss ball)
- Seated rows with hip and lumbar flexion
- Pail dumps
- Add core stabilization to standing exercises & progress
single leg → 2 legs on bubble → 1 leg on bubble
- Sport specific movement patterns
(ex: swimmers prone, divers with swiss ball overhead
against ceiling, step down/lunge series)

CARDIOVASCULAR

- Progress to impact (jogging @ 2-3 months)
- Cross country ski machine

Posterior stabilization/MDI

- AROM/AAROM in all planes to regain full ROM
Posterior stab avoid horizontal ADD and IR behind back
- Towel slides with elbow extended
- Prayer stretch
- Passive stretch: especially pecs, lats, ER.
- Increased soft tissue work prn (pecs, lats)
- Joint mobilization
- Posterior capsule/cuff stretch prn
- Wall washes

- Progress full kinetic chain
lumbopelvic/scapulothoracic/glenohumeral program
- Reverse corner push-ups below 90° elevation
- Push up plus from wall to table
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- Sport specific movement patterns
(ex: swimmers prone, divers with swiss ball overhead
against ceiling, step down/lunge series)

- Progress to impact (jogging @ 2-3 months)
- Cross country ski machine

Performance Phase

12-24 w post op

SLAP/Anterior stabilization

RANGE OF MOTION

- ROM should be full or near full
- Soft tissue work, joint mobilizations, stretching prn
- Corner stretch, doorway stretch, side lying posterior capsule @ 70/90/120° elevation

STRENGTH

- Weight shifting: floor progression
- Single arm rows & pull down progression
 - rotation to same side
 - hip/knee flexion to same side
 - hip/knee flexion/rotation to same side
 - 2 legs on bubble→ 1 leg on bubble
- Push up plus progression
 - Table→floor on knees→floor on toes→ abdominals on swiss ball→thighs on swiss ball→ ankles on swiss ball
- Swiss ball weight shifting
- Swiss ball walk outs on hands progression
- Bilateral ER with theraband weightbearing on elbows
- Bilateral rows & pull downs
- Iron cross & snatch with theraband
- Add weights to step up, step down, lunge with reach and punch series
- Add weights to cuff specific exercises
- Mock throwing or tennis strokes
 - to theraband→to weights
- Plyoball progression
- Ball bounce on wall→single & double arm
- Open chain perturbations
- Sport or work specific drills for endurance, quickness, agility, strength, and power

Posterior stabilization/MDI

- ROM should be full or near full
- Soft tissue work, joint mobilizations, stretching prn
- Corner stretch, doorway stretch, side lying posterior capsule @ 70/90/120° elevation

- Weight shifting: floor progression
- Single arm rows & pull down progression
 - rotation to same side
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 - hip/knee flexion/rotation to same side
 - 2 legs on bubble→ 1 leg on bubble
- Push up plus progression
 - Table→floor on knees→floor on toes→ abdominals on swiss ball→thighs on swiss ball→ ankles on swiss ball
- Swiss ball weight shifting
- Swiss ball walk outs on hands progression
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