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SHOULDER REHABILITATION PROTOCOL

*SUBSCAPULARIS REPAIR or
PECTORALIS MAJOR REPAIR/TRANSFER*

GENERAL GUIDELINES

- The local anesthetic (similar to novacaine) in your shoulder will last 6-12 hours
 - Start taking the pain medication as soon as you start feeling pain
- Use cryotherapy continuously for the first 72 hours, then as-needed thereafter
 - Ensure that the cryotherapy cuff never contacts the skin directly
 - Apply to the shoulder after performing rehab exercises for the first 12 weeks
- Remove the bandage 48 hours after surgery, but leave the white steristrips on the skin
 - Apply fresh gauze pad or bandaid to any incision that is moist or weeping
- Keep the incisions/steristrips dry
 - You may get the incision wet after the first postoperative visit
 - Do NOT submerge the shoulder underwater for the first 6 weeks
- The sling is for comfort and to protect the repair.
 - Wear the sling for the first 8 weeks, removing it for exercises and showers
 - Wear the sling when out of the house for the first 10 weeks
- Protect the shoulder while getting dressed, keeping the arm close to your side
 - choose loose, comfortable clothing that is easy to put on and take off
 - the operative arm should go in first when putting on a shirt, and should come out last when taking off a shirt.

Follow up in one week, 410-448-6400

PHASE I

Begins immediately post-op through the first postoperative visit (2 weeks)

Goals:

- Protect the shoulder and minimize inflammation
- Ensure skin healing

Sling:

- Wear the sling full-time
- May type or write in the sling.
- No holding or carrying anything heavier than a pen/pencil

Exercises (remove sling to perform 2 times per day) start 7 days after surgery:

- *External rotation stretching.* Use the uninvolved arm to passively rotate the hand/arm on the surgical side to the outside (away from the belly) with a limit of 0 degrees (neutral rotation with hand pointed directly in front).

PHASE II

Begins 2 weeks postoperatively and extends to 6 weeks postoperatively

Goals:

- Protect the shoulder and the repair
- Regain range of motion

Sling:

- Wear the sling full-time, removing only for shower and exercises
- May type or write in the sling.
- No holding/carrying anything heavier than a pen/pencil

Therapeutic Exercises (3 times per day):

- *External rotation stretching*, limit of 20 degrees to 4 weeks, 40 degrees to 6 weeks
- *Scapular retractions*

PHASE III

Begins 6 weeks postoperatively and extends to 12 weeks postoperatively

Goals:

- Protect the repair
- Improve range of motion
- Initiate active range of motion while minimizing inflammation

Sling:

- Discontinue the sling at home after 8 weeks
- Wear the sling outside of the home for the first 10 weeks

Activities:

- No lifting or carrying anything heavier than a cup of coffee or can of soda
- No reaching away from your body without assistance from the other arm

Therapeutic Exercises (3 times per day):

- All exercises from Phase II daily, 60 deg external rotation to 8 weeks, then no limit
- *Behind-the-back internal rotation*
- *Wall-climb and/or pulley assisted elevation in scapular plane*
- *Supine passive forward flexion stretching* (start at 8 week)
- *Abduction stretching* (start at 8 weeks)
- *Hands-behind-head stretch* (start at 10 weeks)
- Active prone motion (forward, scapular-plane, abduction, extension) start at 8 weeks
- NO weights, resistance, or theraband strengthening

PHASE IV

Begins 12 weeks postoperatively until 18 weeks postoperatively

Criteria for advancement to Phase IV:

- Full, painless range of motion

Activities:

- No holding or carrying anything heavier than 5 pounds
- No lifting anything heavier than 1 pound away from your body

Goals:

- Initiate early functional strengthening
- Protect the repair

Therapeutic Exercises (stretching every day, strengthening every other day):

- All exercises from Phase III
- Active motion and stretching in all planes
- *Theraband* internal and external rotation in shoulder adduction (arm at the side)

PHASE V

Begins 18 weeks postoperatively

Goals:

- Maximize functional strength

Therapeutic Exercises:

- All exercises from Phase III
- *Theraband* in all planes and progressive dynamic strengthening

RETURN TO SPORT

Requires clearance from physician

Sport training/practice once shoulder at 90% of uninvolved side

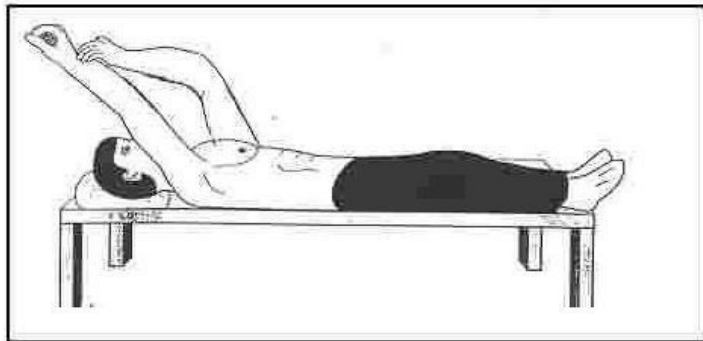
- Start with 'walk-through' at < 1% of maximum effort
- Increase 10% effort each session as tolerated

Goal of return to full participation in all activities at 9-12 months

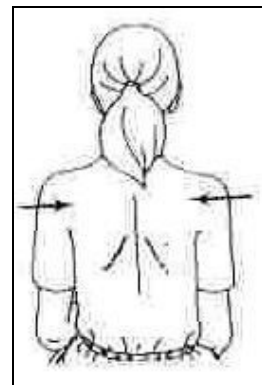
Selected Exercise Diagrams (Phase 1 and 2)



External rotation stretching

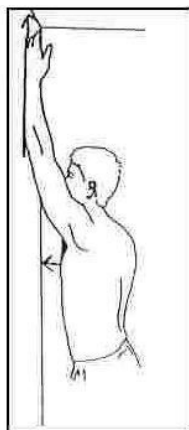


Supine active-assisted forward elevation stretching



Scapular retractions

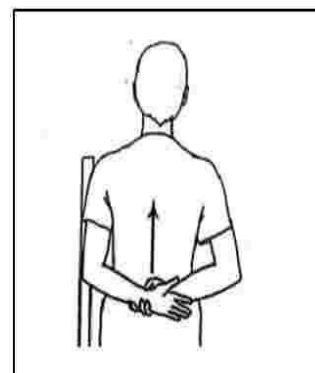
Selected Exercise Diagrams (Phase 3)



Wall climb

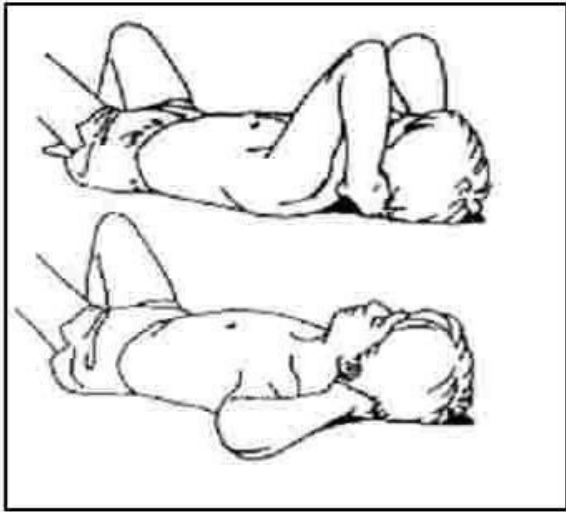


Supported active shoulder rotation



Behind-the-back stretching

Selected Exercise Diagrams (Phase 3)

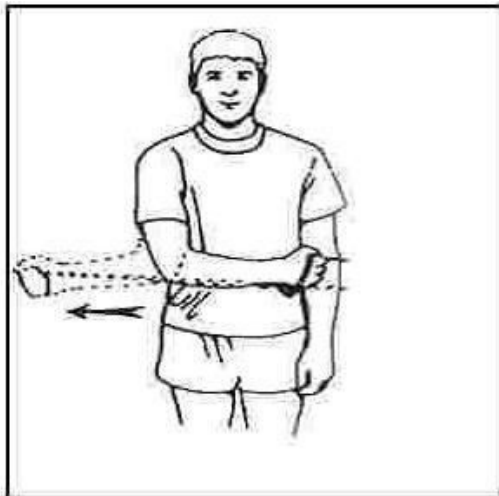


Hands-behind-head stretch
External rotation stretching in abduction/elevation

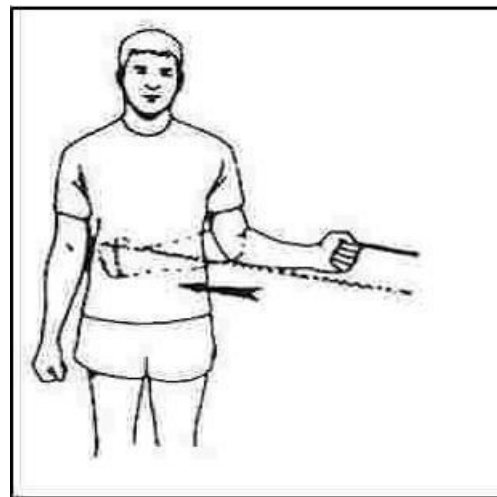


Cross-body stretching

Selected Exercise Diagrams (Phase 4)



Theraband external rotation



Theraband internal rotation