

PALM BEACH ORTHOPAEDIC INSTITUTE, P.A.

G. CLAY BAYNHAM, M.D. | MICHAEL COONEY, M.D. | MELISA ESTES, M.D. | KENNETH GERSZBERG, M.D. | BRIAN HILL, M.D.
JOHN HINSON, M.D. | JAMES KERPSACK, M.D. | JUSTIN KEARSE, M.D. | MICHAEL LEIGHTON, M.D. | FERNANDO MORA, M.D.
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<u>Surgery date to 6 days Post-Op:</u>	<u>Goals (by 10 days):</u>	<u>Date:</u>
<ol style="list-style-type: none">1. Pendulum2. Sling as needed3. Gentle PROM<ol style="list-style-type: none">a. Up to 45 deg ER & IR in neutral abdb. No abdc. Flexion to 90 deg4. Elbow ROM if needed5. Ice with e-stim (high rate)6. Perform home program daily	<ol style="list-style-type: none">1. 45 deg ER @ neutral abd2. 45 deg IR @ neutral abd3. 90 deg flexion	
<u>1 – 2 weeks Post-Op (Days 7-20)</u>	<u>Goals:</u>	<u>Date:</u>
<ol style="list-style-type: none">1. Cane exercise & gentle PROM<ol style="list-style-type: none">a. Up to 45 deg ER & IR in 45 abdb. Abduction in scapular plane to 90 degc. Flexion to 90 deg2. Pulley: follow guidelines above3. Towel Slides: follow guidelines above4. Scapular PNF5. Shoulder shrugs6. Continue home program 2-3 x/day	<ol style="list-style-type: none">4. 45 deg IR in 45 deg abd5. 45 deg ER in 45 deg abd6. 90 deg scapular plane abd	
<u>3 Weeks Post-Op</u>	<u>Goals:</u>	<u>Date:</u>

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1. Isometrics: ER, abduction, extl, Scapular, Abduction, and flexion (No resisted IR)
2. Cane exercises & gentle PROM
 - a. Up to 60 deg IR at 45 deg abd
 - b. Up to 60 deg ER at 45 deg abd
 - c. ABD in scapular plane to 120 deg
 - d. Flexion to 120 deg
3. Wall walks: follow guidelines
4. d/c table slides
7. 60 deg IR at 45 deg abd
8. 60 deg ER at 45 deg abd
9. 120 deg scapular abd
10. 120 deg flexion

4 Weeks Post-Op

Goals:

Date:

1. Add isometric IR submax
2. Cane exercises, wall walks, and PROM:
 - a. Up to 45 deg ER & IR at 90 deg
 - b. Up to 150 scapular abd
 - c. Up to 150 deg flex
 - d. Up to 90 abd
11. 45 deg ER at 90 deg abd
12. 45 deg IR at 90 deg abd
13. 150 deg scapular abd
14. 150 deg flex
15. 90 deg abd

5-7 Weeks Post-Op

Goals(6weeks):

Date:

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1. Begin UBE
2. Cane exercises, wall walks, & PROM unrestricted. Work to full motion. Ok to max ER & IR to 80 deg for nonthrower.
3. Begin lightweight isotonic & d/c isometrics
4. Shoulder PNF patterns
5. Work trunk & legs id appropriate with pt. goals.

16. @ least 4/5 strength FL
17. @ least 4/5 strength ABD
18. @ least 4/5 strength EXT
19. @ least 4/5 strength ER
20. @ least 4/5 strength IR
21. Full PROM flexion
22. Full PROM abd
23. Full PROM IR (to 80 deg)
24. Full PROM ER (to 80 deg)

Functional Goals:

1. Able to reach behind back with minimal or no pain.
2. Able to turn door knob – **(If dominant hand)**
3. Able to comb hair – **(If dominant hand)**

3 Months from date of surgery (Optional)

Goals:

Date:

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1. Impulse IR and ER, gradually increasing from 10 deg to 90 deg abduction.

2. Isokinetic IR & ER

3. General U.E. strengthening (Careful w/ weighted exercises posterior to scapular plane)

4. Plyoball exercises

25. 5/5 strength FL

26. 5/5 strength ABD

27. 5/5 strength EXT

28. 5/5 strength ER

29. 5/5 strength IR

Functional Goals:

4. Return to strenuous week – if appropriate

5. Able to lift @ least 5 lbs overhead

6. Able to lift @ least 10 lbs overhead

7. Return to sports – **if appropriate**

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