

BANKHART

Phase One: Protective Phase

Goals are to diminish pain and inflammation. Therapist must be careful to avoid any motion that causes anterior translation of the humeral head and to avoid extremes of external rotation due to the stress it puts on the tack. Sling for comfort for at least one week, longer if specified by physician.

WEEK ONE:

PROM:

- Flexion to 90 degrees, palm down (avoid ER)
- Abduction to 60 degrees
- ER in scapular plane to neutral

Exercises:

- Cervical AROM and stretches
- Standing passive pulley flexion to 90 degrees, palm down
- Gripping exercises
- Shoulder shrug exercise

WEEK TWO:

PROM:

- Flexion to 110 degrees, palm down
- Abduction to 75 degrees, if tolerated
- ER in scapular plane to 25 degrees

Exercises:

- Continue cervical stretches and gripping exercises as needed
- Submaximal isometric IR, ER, Abd, Add
- AAROM pulley flexion (palm down) to 110 degrees, if tolerated
- AAROM pulley abduction to 75 degrees
- T-bar flexion and abduction AAROM in same range as pulleys
- Gentle rhythmic stabilization

WEEK THREE:

PROM:

- Flexion to 125 degrees, arm in neutral rotation (thumb up, palm facing in)

- Abduction to 100 degrees, if tolerated
- ER in scapular plane to 35 degrees

Exercises:

- Pulley and T-bar AAROM exercises within PROM ranges listed above
- May begin sidelying ER to neutral if tolerated
- May begin prone extension to neutral if tolerated
- May begin prone scapular retraction if tolerated
- Progress rhythmic stabilization exercises

WEEK FOUR:

PROM:

- Flexion to 140 degrees, arm in neutral rotation
- Abduction to 120 degrees
- ER in scapular plane to 45 degrees

Exercises:

- Pulley and T-bar AAROM exercises within PROM ranges listed above
- May initiate light isotonic for ER to neutral, extension to neutral, abduction to 90 (may need to modify to chicken wing position initially), flexion to 90 with palm facing down or inward.
- May initiate light IR/ER with resistive tubing to neutral
- Dynamic stabilization exercises

WEEKS FIVE AND SIX:

PROM:

- Flexion to 160 degrees
- Abduction to 145 degrees
- ER in scapular plane to 75 degrees
- ER at 90 degrees abduction to 70 degrees
- IR at 90 degrees abduction to 75 degrees
- Extension to 35 degrees

Exercises:

- Self-capsular stretches
- PNF patterns in diagonal planes
- Progress isotonic and PRE's
- Progress dynamic stabilization exercises
- Begin UBE

WEEKS SEVEN AND EIGHT:

PROM:

- Flexion to 175 degrees
- Abduction to 170 degrees
- ER at 90 degrees abduction to 70-85 degrees
- IR at 90 degrees abduction to 70-75 degrees

Exercises:

- Progress all exercises from weeks five and six

Phase Two: Intermediate Phase

WEEKS NINE TO FORTTEEN:

PROM:

- Aggressively pursue ER, especially in the overhead athlete
- Regain motion deficits in any range still present

Exercises:

- Continue all flexibility and strengthening exercises
- After week 10, may initiate LIGHT plyometrics, as tolerated
- After week 10, may initiate CONTROLLED swimming & golf swings
- Weeks 12-14, may initiate LIGHT isotonic machine weight training

NOTE: Patient will likely be discharged from physical therapy at the end of phase two. Participation in independent gym program at the physical therapy facility is encouraged so that patient may be supervised during phase three and four of rehabilitation.

Phase Three: Advanced Strengthening Phase

Criteria for progression to this stage are full ROM, no pain or tenderness, satisfactory stability, and strength 70%-80% of contralateral side.

MONTHS FOUR TO SIX:

- Continue all stretches and strengthening exercises
- Emphasis on muscle endurance.
- Initiate/continue plyometrics
- Initiate interval throwing program (with physician's approval)

Phase Four: Return to Activity Phase

Criteria for progression to phase four are full pain-free ROM, satisfactory stability, no pain

or tenderness, and satisfactory strength (isokinetics).

MONTHS SIX TO NINE:

- Continue capsular stretching if necessary
- Continue strengthening program (either “Throwers 10” or fundamental shoulder exercise program)
- Return to sport participation