

Goal:

- Full active ROM (week 8-10)
- Full passive ROM
- Dynamic Shoulder Stability
- Gradual Restoration of Shoulder Strength & Power
- Gradual Return to Functional Activities

Precautions:

• *Patient must be able to elevate arm without shoulder or scapular hiking before initiating isotonics: if unable, continue glenohumeral joint exercises

RANGE OF MOTION (Percentage of uninvolved arm)

- Begin extension and behind the back exercises
- Begin to stretch chest

| | FLEXION | SCAPTION | ABDUCTION | ER | IR |
|----------------------------------|---------|----------|-----------|------|------|
| Capsulolabral | Full | Full | Full | Full | Full |
| reconstruction | | | | | |
| SLAP repair | Full | Full | Full | Full | Full |
| | | | | | |
| PASTA Repairs | Full | Full | Full | Full | Full |
| Rotator Cuff Tear Partial | | | | | |
| (small to medium) | Full | Full | Full | Full | Full |
| Rotator cuff tear Large or | | | | | |
| Complete | Full | Full | Full | Full | Full |

STRENGTH:

- Continue all exercises from early phase III
- Continue Dynamic stabilization drills
- Progress tubing exercises and scapular stabilization exercises
- ***Overhead athletes**** exercises

THERAPIST:

- Manual PNF with emphasis on controlled speed and return of movement
- Stretch and mobilize if needed

ACTIVITIES:

- May begin light yardwork
- Able to jog and stride
- Use of elliptical and cross trainer

Begin "light " machine weight circuit (elbows in line with trunk and forward) at week 10



Arthroscopic Shoulder Rehabilitation Late Phase III (Week 8-12)

LATE PHASE III EXERCISES -(WEEK 8-12)

- Perform all exercises 2 sets of
- Perform all exercises with controlled movement and hold for 2 seconds at end range ٠



TOWEL 90/90



PRESS OUTS (start)



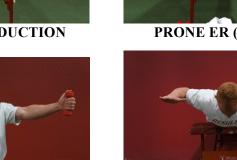
PRESS OUTS (finish)



HORIZONTAL ABDUCTION



PRONE ER (START)



SCAPTION TO 90 "V"

RESULTS



Out to side with ball



UP AND OUT (START)



90/90 with ball



PRONE ER (END)



UP AND OUT (END)



Out in front with ball

RESULTS PHYICAL THERAPY (916) 362-7962 (916) 362-7963 fax 9500 Micron Ave #106 • Sacramento, CA 95827 www.resultstherapy.com

RESULTS PHYSICAL THERAPY OF CARMICHAEL (916) 536-9130 (916) 536-9317 fax 6403 Coyle Ave. ste. 350 Carmichael, CA 95608



Arthroscopic Shoulder Rehabilitation Late Phase III (Week 8-12)

TUBING EXERCISES: 2 sets x 10 controlled reps

2 sets x 5 slow /5 quick reps



EXTERNAL ROTATION



TUBING INTERNAL ROTATION



EXTENSION



REVERSE FLYS



FLEXION



Upper Cuts



CHEST PRESS



CHEST FLYS



SCAPULAR PUNCHES



ER @ 90/90

RESULTS PHYICAL THERAPY (916) 362-7962 (916) 362-7963 fax 9500 Micron Ave #106 • Sacramento, CA 95827 www.resultstherapy.com **RESULTS PHYSICAL THERAPY OF CARMICHAEL** (916) 536-9130 (916) 536-9317 fax 6403 Coyle Ave. ste. 350 Carmichael, CA 95608



IR @90/90

RESULTS PHYSICAL THERAPY OF MURIETA (916) 354-0719 (916) 354-1187 fax 7281 Lone Pine Drive D106 · P.O. Box 955 Rancho Murieta, CA 95683