

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 isotonic: 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 reconstruction	Full	Full	Full	Full	Full
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

LATE PHASE III EXERCISES --(WEEK 8-12)

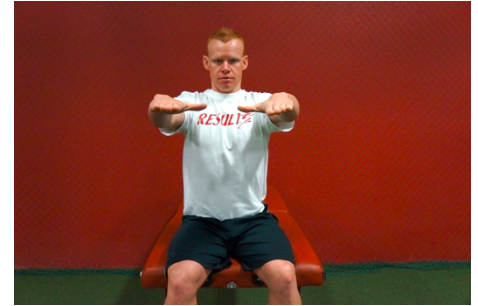
- Perform all exercises 2 sets of _____
- Perform all exercises with controlled movement and hold for 2 seconds at end range



TOWEL 90/90



PRESS OUTS (start)



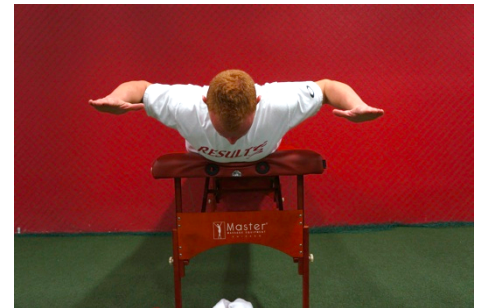
PRESS OUTS (finish)



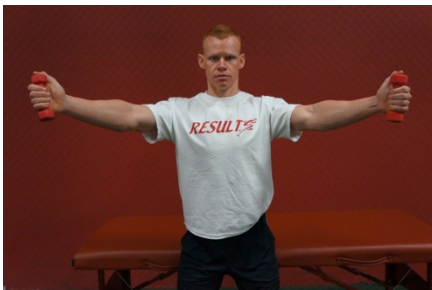
HORIZONTAL ABDUCTION



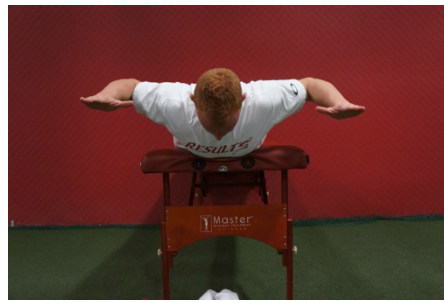
PRONE ER (START)



PRONE ER (END)



SCAPTION TO 90 "V"



UP AND OUT (START)



UP AND OUT (END)



Out to side with ball



90/90 with ball



Out in front with ball

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



IR @90/90