Samuel Dubrow, MD Shoulder & Elbow Surgery <u>dubrowshoulder.com</u>

Protocol for:

• Posterior Stabilization

Wear Sling for 8 weeks

• No rehab for 4 weeks

Return to Activities:

•Computer •Eating •Holding a book Immediately	
•Typing •Writing	
• Golf (Chip and Putt Only)	9 Weeks
• Golf (Full Swing)	4 Months
• Tennis	4 Months
• Throwing	6 Months

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Rehab:

Renap:		
Phase I	Weeks	Pendulums to warm up
(Passive ROM)	4 - 5	Passive ROM
		• Supine ER – 30 degrees
		• Supine FF – Full in Scapular Plane
		IR to Belt line
Phase II	Weeks	Pendulums to warm up
(Active/Assistive)	6 - 8	 Active Assistive ROM with Passive stretch to:
		 ○ Supine → Seated FF - full
		 ER with arm in Adduction to 30
		 IR gradually increase to full by 12 weeks
Phase III	Weeks	Pendulums to warm up and continue with Phase II
(Resisted)	9 - 12	ER and IR
		Standing Forward Punch
		Seated Rows
		Bicep Curls
		Bear Hugs
		PRE's for Periscapular Strengthening
Weight Training	Week	Avoid Posterior Capsular Stress!!
	12	Keep hands within eyesight, Keep elbows bent
		Minimize overhead activities
		No military press, pull downs behind back, or wide
		grip bench press
		Sup center press

ROM – Range of Motion

ER – External Rotation

FF – Forward Flexion

 $\it IR-Internal\ Rotation$

PRE's - Progressive Resistance Exercises