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### **Anterior Repair Protocol – Protected – Collision Athlete**

#### Milestones:

- Ultra sling (total of 6 weeks):
  - Weeks 0-3 with the pillow/bar
  - Weeks 4-6 without the pillow/bar
- PROM 0 - 4 weeks
- AAROM 4 - 6 weeks
- AROM 6 - 8 weeks
- Strengthening (8) -12 weeks
- Integrated strengthening 12 – 16 weeks
- Computer 1-2 weeks
- Golf 3 months (putting and chipping only)  
Return to full swing at 5 months
- Tennis/throwing 4 months
- Contact sports 6 months

#### PHASE I (wk 0-3) Protected Motion

##### POD 3-4 – 10 days

- Pendulum
- Passive Range of Motion
  - Supine ER at 0 – 20 degrees
  - Supine Forward flexion – 90
  - Bicep curl (no weight)
- Shoulder circles
- Shoulder squeezes

##### POD 10 – POD 21

- Pendulum
- Passive Range of Motion
  - Supine ER at 0 – ½ of un involved
  - Supine forward flexion – 110
  - Bicep curl (no weight)
- Shoulder circles
- Shoulder squeezes

## PHASE II (wk 4 – 6) Motion Recovery

### Week 4 – 6

- Passive and Active Assisted ROM
  - Supine External Rotation at 0 – as tolerated (Do Not push)
  - Supine Forward Flexion – 150 degrees
  - IR
- GH abduction – as necessary (passive)
- Trunk

### Week 5 - 6 (lawn chair progression)

- Passive and Active Assisted ROM
  - Supine – Seated External Rotation – as tolerated (Do Not push)
  - Supine – Seated Forward Flexion – Full
  - IR
- GH Abduction – as necessary (passive)

## PHASE III (wk 6 – 12) Strength

### Week 6 - 8

- Lawn chair progression:
  - Supine to start → Seated Forward Elevation – progress to full
  - Supine → Seated External Rotation (gradually increase to full by week 12)
- Internal Rotation – Full
- Pendulum
- AROM with terminal stretch
  - IR
  - Horizontal adduction
- GH Abduction – as necessary (passive)
- Strength
  - Tubing ER / IR
  - Tubing row
  - Tubing punch
  - Tubing extension

### Week 8 – 12

- AROM with terminal stretch
  - ER against doorway
  - OH flexion
  - IR
  - Horizontal adduction

## PHASE IV (wk 12 – 16) Integrated Strength

### Week 12 – 16

- Terminal stretching as needed
- Multi – joint/planar combination movements

## PHASE V (wk 16 – 24)

Week 16 – 24

- Terminal stretching as needed
- Interval Sport Program

Notes:

- Do Not force external rotation
- Avoid extension beyond neutral
- Patient must wear immobilizer while sleeping.
- Immobilizer can/should be removed for physical therapy and HEP.
- Avoid ER stretching at 90 degrees abduction (ABER) until 6 weeks post op.
- Avoid IR stretching at 90 degrees abduction (ABIR) until 6 weeks post op.
- It will be four months before start of throwing program.