



Curtis Bush, MD
817-878-5300

Anterior Repair Protocol – Routine – Overhead Athlete

Milestones:

- Ultra sling (total of 4 weeks):
 - Weeks 0-2 with the pillow/bar
 - Weeks 3-4 without the pillow/bar
- PROM 0 - 3 weeks
- AAROM 3 - 5 weeks
- AROM 5 - 8 weeks
- Strengthening (6 -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
- Shoulder circles
- Shoulder squeezes

POD 10 – POD 21

- Pendulum
- Passive Range of Motion
 - Supine ER at 0 – as tolerated (Do Not push)
 - Supine forward flexion – 125 degrees
 - Bicep curl
- Shoulder circles
- Shoulder squeezes

PHASE II (wk 3 – 6) Motion Recovery

Week 3 – 6

- Passive and Active Assisted ROM
 - Supine External Rotation at 0 – Full
 - Supine Forward Flexion – full
 - IR
- GH abduction – as necessary (passive)
- Trunk

Week 4 - 6 (lawn chair progression)

- Passive and Active Assisted ROM
 - Supine – Seated External Rotation – Full
 - Supine – Seated Forward Flexion – Full
 - IR
- GH Abduction – as necessary (passive)

PHASE III (wk 6 – 12) Strength

Week 6 - 12

- pendulum
- AROM with terminal stretch
 - ER against doorway
 - OH flexion
 - IR
 - Horizontal adduction
- Strength
 - Tubing ER / IR
 - Tubing row
 - Tubing punch
 - Tubing extension

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 to wear immobilizer for three weeks unless otherwise specified by MD.
- 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.