



Humeral Head/Glenoid Microfracture

Ultra sling for weeks 0-3

Regular sling for weeks 3-6

Phase 0 – (QUIET) Week 0 – 1

Quiet in sling with elbow/wrist/hand

Begin active scapular retraction/protraction exercises with therapist cueing

Phase 1 - (PASSIVE) Week 2 –6

Pendulums to warm-up (1500 reps/day)

Supine External Rotation –0°-30° beginning at 2 weeks with progression to full PROM by 6 weeks

Supine Forward Elevation –0°-90° beginning at 2 weeks with progression to full PROM by 6 weeks

** progress to upright as tolerated with ER and FE*

Phase 2 - (ACTIVE) Week 7-9

Pendulums to warm-up.

Active Range of Motion with terminal stretch

Supine External Rotation – after 6 weeks progress GRADUALLY to full

Supine Forward Elevation – after 6 weeks; progress GRADUALLY to full

Begin active biceps

Internal Rotation-Full (begin behind the back)

Begin AROM in supine and progress to upright

Phase 3 - (RESISTED) Week 10

Pendulums to warm up and continue with phase 2.

External and Internal Rotation

Standing forward punch

Seated rows

Shoulder shrugs and Biceps curls

Weight Training Week 12

Keep hands within eyesight, keep elbows bent, no long lever arms.

Minimize overhead activities (below shoulder)

(No Military press, pull-down behind head, or wide grip bench)

Initiation of Interval Sport Programs Surgeon Comments:

Golf 3 months

Tennis 4 months

Ski 3-4 months