

Multi Directional Repair Protocol - Routine

Milestones:

- No physical therapy for 3 weeks
- ER Sling 0 - 6 weeks
- PROM 0 - 6 weeks
- AAROM 3 - 6 weeks
- AROM 6 - 8 weeks
- strengthening (6 -8) -12 weeks
- integrated strengthening 12 – 16 weeks
- throwing 4 months

PHASE I (wk 0-3) Protected Motion

POD 3-4 – 10 days

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

POD 10 – POD 21

- Passive Range of Motion
 - Supine ER at 0 – ½ of un involved side
 - GH Abduction (as necessary – cautious!)
 - Bicep curl (no weight)
- Shoulder circles
- Shoulder squeezes

PHASE II (wk 3 – 6) Motion Recovery

Week 3 – 6

- Active Assisted ROM
- Supine External Rotation at 0 – ½ of un involved side
- Supine Forward elevation in scapular plane – 90 degrees
- GH abduction – Passive (as necessary - cautious!)
- Trunk

Week 4 - 6 (lawn chair progression)

- Active Assisted ROM
 - Supine – Seated External Rotation – ½ of uninvolved side
 - Supine – Seated Forward elevation in scapular plane – 130 degrees
- Trunk

PHASE III (wk 6 – 12) Strength

Week 6 - 12

- AROM within their ROM limits - NO terminal stretching
- Strength
 - Tubing ER / IR
 - Tubing row
 - Tubing punch
 - Tubing extension

PHASE IV (wk 12 – 16) Integrated Strength

Week 12 – 16

- Terminal stretching as needed - cautious
- AROM with terminal stretch
 - ER against doorway
 - OH flexion in scapular plane
 - GH abduction
 - IR
 - Horizontal adduction
- Multi – joint/planar combination movements

PHASE V (wk 16 – 24)

Week 16 – 24

- Terminal stretching as needed
- Interval Sport Program

Notes:

- No Stretching
- Do Not force motion in any direction
- Patient to wear gunslinger for six weeks unless otherwise specified by MD.
- Patient must wear gunslinger while sleeping.
- Gunslinger can/should be removed for physical therapy and HEP.
- Cautious progression with ROM – in particular avoid stress to inferior and posterior/inferior capsule
- It will be four months before start of throwing program.