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## **Posterior Repair Protocol - Routine**

### Milestones:

- |                            |                  |
|----------------------------|------------------|
| • Sling                    | 0 - 4 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

- Pendulum
- Passive Range of Motion
  - Supine ER at 0 – full
  - GH Abduction
  - Bicep curl (no weight)
- Shoulder circles
- Shoulder squeezes

#### POD 10 – POD 21

- Pendulum
- Passive Range of Motion
  - Supine ER at 0 – full
  - GH Abduction
  - 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 elevation in scapular plane
- GH abduction – (passive)
- Trunk

#### Week 4 - 6 (lawn chair progression)

- Passive and Active Assisted ROM
  - Supine – Seated External Rotation – Full
  - Supine – Seated Forward elevation in scapular plane – 130 degrees
- GH Abduction – (passive)
- Trunk

#### PHASE III (wk 6 – 12) Strength

##### Week 6 - 10

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

##### Week 10 - 12

- AROM with terminal stretch
  - ER against doorway
  - OH flexion in scapular plane
  - IR
  - Horizontal adduction
- GH Abduction – (passive)

#### 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 internal rotation and horizontal adduction
- Perform overhead movements in scapular plane – Do Not bring arm past the scapular plane
- Patient to wear gunslinger for six weeks unless otherwise specified by MD.
- Patient must wear gunslinger while sleeping.
- ER Sling can/should be removed for physical therapy and HEP.
- Avoid IR stretching at 90 degrees abduction (ABIR) until 10-12 weeks post op.

- Avoid terminal stretching into horizontal adduction until 10-12 weeks post op.
- It will be four months before start of throwing program