



Mid-America Orthopedics

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SC JOINT RECONSTRUCTION PROTOCOL

Day 1 - Day 41

- **Immobilization:** Sling continuously worn with abduction pillow for 6 weeks. May remove sling for hygiene and exercise.
- **NO ice bags** on any oozing or open wounds without being covered first with a bandage.
- **NO water on wounds** for 2 weeks (including showers) even if covered, no submersion of wounds in water (baths) until wounds are scars.
- **ROM: NO ROM**
- **NO PT until 6 weeks post-op**

6-9 Weeks Post-op

- **Initiate PT**
- **Sling:** D/C
- **ROM:**
 - **Gentle non-painful PROM** in all planes
 - AAROM in supine all planes

10-12 Weeks Post-op

- **ROM:**
 - Continue PROM/AAROM to full in all dir
 - Cane & Pulleys
 - Initiate AROM in all planes
 - Sidelying ER
 - Prone horizontal ABD
 - Prone Extension
 - Prone Rowing

3 Months Post-op

- **ROM:** Full & non-painful
- **Strengthening:** Initiate strengthening
 - Initiate rhythmic stabilization for shoulder IR/ER, flexion/extension
 - Isometrics: Flexion, IR, ER, Ext, ABD, biceps, triceps
 - IR/ER with tubing at 0 deg ABD
 - Biceps/Triceps
 - Sidelying ER
 - Prone horizontal ABD
 - Prone Extension
 - Prone Rowing

4 Months Post-op

- **ROM:** Full & non-painful
- **Strengthening:**
 - Continue to progress with rotator cuff & scapular stabilizer strengthening
 - Rhythmic stabilization all directions
 - PNF patterns

5 Months Post-op

- **Strengthening:** Continue all exercises listed above
 - Initiate sports/activity specific movement patterns
 - Initiate plyometric exercise program (2 hand plyos close to body only)
 - Chest pass
 - Side throw close to body
 - Initiate isotonic machine strengthening exercises (if desired)
 - Shoulder press
 - Bench press (seated)
 - Lat pull down
 - Initiate golf, swimming

6 Months Post-op

- **Strengthening:** Continue all exercises listed above
 - Progress plyometrics to 2 hand drills away from body
 - Side to side throws
 - Soccer throws

7 Months Post-op

- **Strengthening:** Continue to progress
 - Initiate one hand plyometric throwing (stationary throws)
 - Initiate one hand wall dribble
 - Initiate one hand baseball throws into wall

8 Months Post-op

- **Activity:** Gradually progress to full activities &/or competitive throwing/sports

Patient progression during the time frames along with general modality and exercise choice is left up to the discretion of the treating therapist. If you have any questions regarding this protocol, please contact (316) 630-9300.