

## POSTERIOR STABILIZATION WITH BONE GRAFT PT PROTOCOL

Name:	N
Frequency: 1 2 3 4 times/week Duration: 1 2 3 4 5 6 Weeks  Weeks 0-4:  Sling in neutral rotation for 3 weeks (padded abduction sling)  Codman exercises, elbow and wrist ROM  Wrist and grip strengthening  Weeks 4-6:  Restrict to FF 90° /IR to stomach PROM – AAROM - AROM  ER with arm at side as tolerated  Begin isometrics with arm at side - FF /ER/IR/ ABDI ADD  Start scapular motion exercises (traps/rhomboids/lev. scap/etc)  No cross-arm adduction, follow ROM restrictions  Heat before treatment, ice after treatment per therapist's discretion  Weeks 6-12:  Increase ROM to within 20° of opposite side; no manipulations per therapist; encourage patients to work on ROM on a daily basis  Once 140° active FF, advance strengthening as tolerated: isometrics 7 bands 7 light weights (1-5 lbs); 8-12 reps/2-3 sets per rotator cu:ft: deltoid, and scapular stabilizers with low abduction angles  Only do strengthening 3x/week to avoid rotator cuff tendonitis  Closed chain exercises  Months 3-12:  Advance to full ROM as tolerated  Begin eccentrically resisted motions, plyometrics (ex. Weighted ball toss), proprioception (es. body blade)  Begin sports related rehab at 3 months, including advanced conditioning  Return to throwing at 4 ½ months  Push-ups at 4 ½ - 6 months  Throw from pitcher's mound at 6 months  MMI is usually at 12 months post-op  Comments:	
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Modalities:	
Electric StimulationUltrasoundIontophoresisPhonophoresis	
TENS Heat before/after Ice before/after Trigger points massage Therapist's discretion	



Other	
Signature:	Date: