



Brian Waterman, MD

SPORTS MEDICINE & ORTHOPEDICS

EDEN LANGE PROCEDURE PROTOCOL

Name: _____ Date: _____

Diagnosis: _____

Date of Surgery _____

Frequency: 1 2 3 4 times/week

Duration: 1 2 3 4 5 6 Weeks

Weeks 1-6:

- No physical therapy
- Gunslinger Brace
- Elbow, wrist and hand ROM

Week 6-12:

- ROM goals: 140° FF/ 40° ER at side; ABD max 6-80 without rotation
- Begin ROM in supine position, advance to sitting, then standing
- Advance as tolerated PROM - AAROM - AROM
- No resisted motions of the shoulder until 12 weeks post-op
- Isometrics with arm at side beginning at 8 weeks
- Grip strengthening OK
- Heat before PT, ice after PT

Months 3-12:

- Goals: same as above, but can increase as tolerated
- Advanced to full ROM as tolerated with passive stretching at end ranges
- Advance strengthening as tolerated: isometrics - bands- light weights (1-5 lbs.); 8-12 reps/ 2-3 sets per rotator cuff: deltoid, and scapular stabilizers
- Only do strengthening 3x /week to avoid rotator cuff tendonitis
- Begin eccentrically resisted motions, plyometrics (ex. Weighted all toss), proprioception (ex- body blade)
- Begin sports related rehab at 4 ½ months, including advanced conditioning
- Return to throwing at 6 months
- Collision sports at 9 months
- MMI at 12 months

Comments:

___ Functional Capacity Evaluation ___ Work Hardening/Work Conditioning ___ Teach HEP



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Modalities:

- Electric Stimulation
- Ultrasound
- Iontophoresis
- Phonophoresis
- TENS
- Heat before/after
- Ice before/after
- Trigger points massage
- Therapist's discretion
- Other _____

Signature: _____ **Date:** _____