



Benjamin W. Sears Rehab Protocols

Operative:

Arthroscopic and open rotator cuff repair:

- 0-6 weeks: sling, no PROM, except small tears (then sling 4 weeks)
- 1-3 months: d/c sling, 140/40 passive stretch home exercise program, no active reaching
- 3-4½ months: 5 lbs restriction, IR stretch, scapula proprioception, cuff PRE
- 4½-6 months: 10 lbs restriction, body blade, medicine ball, increase endurance

Arthroscopic Bankart:

- 0-1 month: sling, no PROM
- 1-2 months: 140/40 passive stretch home exercise program
- 2-3 ½ months: formal PT, scapula/cuff proprioception (UBE, body blade), 5 lbs weight restrictions
- 3 ½-5 months: return to gym, non-contact sports, 20 lbs restrictions
- 5-6 months: return to contact sports

Arthroscopic SLAP:

- 0-1 months: sling, no PROM
- 1-2 months: 140/40 passive stretch home exercise program, no active reaching
- 2-3½ months: formal PT, IR stretch, cuff & scapular strengthening
- 3½-5 months: UBE, body blade, increase endurance

Arthroscopic Capsular Plication/Shift:

- 0-1 month: sling only, no PROM
- 2-5 months:
 - if motion < 120/20: stretching when motion improves go below
 - if motion > 120/20: PT for scapula, cuff, proprioception (UBE, body blade) for 3 months
- 6 months: earliest sport return
- 9 months: return to contact sports, throwing

Arthroscopic Capsular Release:

0-6 weeks: Global stretching hourly (CPM as much as tolerated for traumatic)

6-12 weeks: Global stretching, add Abd/ ER (“corner”) and Abd/IR (“sleeper”) stretch

Total Shoulder Arthroplasty (Anatomic):

0-2 weeks: sling all times, come out for PROM exercises

2-6 weeks: 140/25 passive stretch home exercise program, light ADLs, NO over shoulder active reaching, no door closing, out of sling

6-12 weeks: cuff & scapula strengthening home exercise program

Reverse Total Shoulder Arthroplasty

0-2 weeks: sling all times, come out for PROM exercises

2-6 weeks: 140/25 passive stretch home exercise program, light ADLs, NO over shoulder active reaching, no door closing, out of sling

6-12 weeks: cuff & scapula strengthening home exercise program

Non-operative:

MDI:

Scapula, cuff, proprioception,

Sx for failure after 4 months

Bankart:

Scapula, cuff, proprioception

Sx for failure of after 2-3 months

SLAP:

IR stretch, scapula, cuff, proprioception

Sx for failure of 2-3 months

Rotator Cuff:

IR stretch, cuff and scapular strength, No UBE's

Frozen Shoulder:

Global stretching

Sx for failure, minimum 6 months