

# ARC STUDY NON-OP REHABILITATION PROGRAM

PHASE	GOALS	EXERCISES	PROGRESSION/DISCHARGE CRITERIA
<b>Phase One</b>	<ul style="list-style-type: none"> <li>Restore PROM to the shoulder</li> <li>Minimize pain and edema</li> </ul>	<p><b>Passive Motion &amp; Scapular Exercises</b></p> <ul style="list-style-type: none"> <li>Manual therapy techniques (joint mobilization, soft tissue mobilization, active release)</li> <li>PROM (flexion, abduction, external rotation, internal rotation)</li> <li>Pendulum exercises</li> <li>Scapular retraction</li> </ul>	<p><b>To progress to Phase Two, patient must meet 2 of the 3 criteria:</b></p> <ol style="list-style-type: none"> <li>Attain full PROM</li> <li>Maximum rest pain (3/10 on VAS)</li> <li>Maximum pain with ADLs (4/10 pain on VAS)</li> </ol>
<b>Phase Two</b>	<ul style="list-style-type: none"> <li>Attain full AROM shoulder</li> <li>Exhibit a minimum of 4/5 strength in the following:                             <ul style="list-style-type: none"> <li>Internal rotators</li> <li>External rotators</li> <li>Serratus anterior</li> <li>Middle trapezius</li> <li>Lower trapezius</li> </ul> </li> <li>Increase shoulder flexibility</li> <li>Improve scapulohumeral movement</li> <li>Eliminate rest pain and decrease pain with ADLs</li> </ul>	<p><b>Active Assisted Motion, Shoulder Stretches, Rotator Cuff Strengthening &amp; Scapular Stabilization</b></p> <ul style="list-style-type: none"> <li>Continue with manual therapy techniques</li> <li>Cane/stick exercises - supine (flexion, abduction, external rotation, internal rotation)</li> <li>Pulleys (flexion, abduction)</li> <li>Theraband exercises (rows, shoulder extension, external rotation, internal rotation)</li> <li>Prone exercises (rows, shoulder extension, scaption, horizontal abduction)</li> <li>Sidelying external rotation</li> <li>Serratus punch</li> <li>Rhythmic stabilization with manual resistance</li> <li>Wall slides</li> <li>Stretches (cross body stretch, towel stretch, corner stretch, sleeper stretch)</li> </ul>	<p><b>To progress to Phase Three, patient must meet 3 of the 4 criteria:</b></p> <ol style="list-style-type: none"> <li>Attain full AROM shoulder</li> <li>Exhibit a minimum of 4/5 strength in the following:                             <ul style="list-style-type: none"> <li>Internal rotators</li> <li>External rotators</li> <li>Serratus anterior</li> <li>Middle trapezius</li> <li>Lower trapezius</li> </ul> </li> <li>Eliminate shoulder pain at rest</li> <li>Decrease shoulder pain (2/10 on VAS) with ADLs</li> </ol>
<b>Phase Three</b>	<ul style="list-style-type: none"> <li>Exhibit a minimum of 4+/5 strength in the following:                             <ul style="list-style-type: none"> <li>Internal rotators</li> <li>External rotators</li> <li>Serratus anterior</li> <li>Middle trapezius</li> <li>Lower trapezius</li> </ul> </li> <li>Maintain flexibility</li> <li>Improve proprioception</li> <li>Normalize scapulohumeral movement with no substitution patterns</li> <li>Return to normal ADLs, sports, work without limitation</li> </ul>	<p><b>Advanced Scapular Stabilization, Rotator Cuff Strengthening &amp; Rhythmic Stabilization</b></p> <ul style="list-style-type: none"> <li>Continue scapular stabilization and rotator cuff strengthening</li> <li>Continue stretches</li> <li>Pushups with a plus against wall</li> <li>Ball on wall (flexion, abduction)</li> <li>Body blade (external/internal rotation, flexion)</li> <li>Theraband scapular retraction</li> <li>Dynamic hugs</li> <li>Overhead &amp; plyometric exercises, if appropriate</li> </ul>	<p><b>For Discharge, patient must meet 4 of the 5 criteria:</b></p> <ol style="list-style-type: none"> <li>Full AROM of involved shoulder</li> <li>Exhibit a minimum of 4+/5 strength in the following:                             <ul style="list-style-type: none"> <li>Internal rotators</li> <li>External rotators</li> <li>Serratus anterior</li> <li>Middle trapezius</li> <li>Lower trapezius</li> </ul> </li> <li>Normalize scapulohumeral movement with no substitution patterns</li> <li>No shoulder pain at rest or with ADLs</li> <li>Return to prior level of ADLs &amp;/or sport</li> </ol>



**Exercises:** For each exercise, begin with 1 set (up to 10 repetitions per set) and progress to 3 sets (up to 10 repetitions per set). Number of sets/reps given should be based on good quality movement.

**PT Visits:** 1-2x/week (no minimum number required per week)

**Home Exercise Program:** Approximately 30 minutes per day, 2-4 times per week

*Combined total of PT visits and home exercise program performance (in any combination) should equal 4+ times per week.*

# ARC STUDY POST-OP REHABILITATION PROGRAM

PHASE	PERIOD	GOALS	EXERCISES	PROGRESSION/DISCHARGE CRITERIA
<b>Phase One</b>	<b>Weeks 0-4</b>	<ul style="list-style-type: none"> <li>Protect the repair</li> <li>Control pain and inflammation</li> <li>Allow for wound healing</li> <li>Prevent development of adhesions</li> </ul>	<b>Passive Motion &amp; Scapular Exercises</b> <ul style="list-style-type: none"> <li>PROM (flexion, abduction, external rotation)</li> <li>Pendulum exercises</li> <li>Scapular retraction</li> <li>Gripping</li> <li>Elbow flexion</li> </ul>	
<b>Phase Two</b>	<b>Week 4</b>	<ul style="list-style-type: none"> <li>Protect the repair</li> <li>Control pain and inflammation</li> <li>Attain PROM per staged ROM goals</li> </ul>	<b>Supine Active Assisted Motion</b> <ul style="list-style-type: none"> <li>Continue scapular retraction</li> <li>Cane/stick exercises - supine (flexion, abduction, external rotation)</li> </ul>	
<b>Phase Three</b>	<b>Weeks 5-8</b>	<ul style="list-style-type: none"> <li>Protect the repair</li> <li>Control pain and inflammation</li> <li>Attain PROM per staged ROM goals</li> </ul>	<b>Active Assisted Motion &amp; Scapular Exercises</b> <ul style="list-style-type: none"> <li>Continue scapular retraction</li> <li>Cane/stick exercises - @ 45 degrees (flexion, abduction, external rotation)</li> <li>Cane/stick exercises - in standing (flexion, abduction, external rotation)</li> <li>@ Week 6</li> <li>Pulleys (flexion, abduction)</li> </ul>	
<b>Phase Four</b>	<b>Weeks 9-12</b>	<ul style="list-style-type: none"> <li>Maintain full PROM</li> <li>Attain full, pain-free AROM</li> <li>Initiate strengthening program</li> </ul>	<b>Active Motion, Isometrics &amp; Scapular Exercises</b> <ul style="list-style-type: none"> <li>Continue scapular retraction</li> <li>Continue PROM, as needed</li> <li>AROM: Flexion, abduction (arm bent, arm extended)</li> <li>Sidelying external rotation</li> <li>Sub-maximal isometrics (external rotation, internal rotation, flexion, extension)</li> </ul>	
<b>Phase Five</b>	<b>Weeks 13-16</b>	<ul style="list-style-type: none"> <li>Maintain full, pain-free AROM</li> <li>Restore strength in involved UE</li> <li>Increase functional activities</li> </ul>	<b>Resisted Exercises &amp; Shoulder Stretches</b> <ul style="list-style-type: none"> <li>Theraband exercises (rows, shoulder extension, external rotation, internal rotation)</li> <li>Prone exercises (rows, shoulder extension, scaption, horizontal abduction)</li> <li>Sidelying external rotation</li> <li>Serratus punch</li> <li>Body blade (external/internal rotation, flexion)</li> <li>Ball on wall (flexion, abduction)</li> <li>Pushups with a plus against wall</li> <li>Stretches (cross body stretch, towel stretch, corner stretch, sleeper stretch)</li> <li>Overhead &amp; plyometric exercises, if appropriate</li> </ul>	<b>For Discharge, patient must meet 4 of the 5 criteria:</b> <ol style="list-style-type: none"> <li>Full AROM of the involved shoulder</li> <li>Exhibits a minimum of 4+/5 strength in following: <ul style="list-style-type: none"> <li>Internal rotators</li> <li>Middle trapezius</li> <li>External rotators</li> <li>Lower trapezius</li> <li>Serratus anterior</li> </ul> </li> <li>Normalized scapulohumeral movement with no substitution patterns</li> <li>No shoulder pain at rest or with ADLs</li> <li>Return to prior level of ADLs &amp;/or sport</li> </ol>



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