

ARC STUDY NON-OP REHABILITATION PROGRAM

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



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



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.

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