



## **Non-Operative Shoulder Rehabilitation Protocol**

### **Phase 1: Weeks 0 – 2**

- Goals: Decrease pain (use of ice)
- Decrease inflammation (prescribed medication by your MD)
- Improve flexibility/mobility of the glenohumeral joint
- Improve strength of the rotator cuff

#### **Treatment / Exercises:**

- Modalities to decrease pain and inflammation
- Shoulder shrugs
- Scapular retractions (scapular pinch)
- Pendulum exercises
- Wall climbs
- Rope and Pulley (facing the door)
- Active elbow and wrist range of motion
- Hand gripping
- Isometrics (submaximal effort) for internal and external rotation

#### **Criteria to advance to phase 2**

- Minimal to no pain or inflammation
- Range of motion returning to normal

### **Phase 2: Weeks 2 – 4**

- Goals: Progress with strengthening exercises
- Range of motion is within normal limits
- Use ice to decrease pain when needed

#### **Treatment / Exercises**

- Continue above treatment
- Tubing exercises for ER / IR at 0° abduction, shoulder extension and shoulder adduction (limit abduction to 45°)
- Isotonic dumbbell exercises for the elbow and wrist
- Sleeper stretch (to improve internal rotation)

#### **Criteria to progress to phase 3**

- Full, pain free ROM
- Full strength with no sign of extreme fatigue with manual muscle testing

### Phase 3: Weeks 4 – 6

Goals: Progress to full ROM

Improve neuromuscular control

Increase functional activities

For athletes use Throwers Ten program and plyometric protocol

### Treatment / Exercises

- Continue above treatment
- Initiate Throwers 10 program if applicable
- Initiate upper extremity plyometric exercises if applicable
- Isotonic dumbbell exercises: deltoids, scaption to 90° elevation, side lying external rotation, bent over row or prone row