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RPS/POSTERIOR DISLOCATION REPAIR PROTOCOL

Days 0-28

- **PRECAUTIONS: NO INTERNAL ROTATION**
- **Immobilizer:** wear continuously but may remove for hygiene and exercise
- **Modalities:** as needed for pain and inflammation control
- **Exercise:** Active ROM of elbow /wrist/hand as tolerated
- **PROM:**
 - Flexion to 90 degrees
 - ER to neutral (0 degrees)
 - AVOID ALL INTERNAL ROTATION

Days 29-42

- **PRECAUTIONS: Avoid extreme internal rotation**
- **Immobilizer:** continue continuous wearing schedule
- **Modalities:** Continue cryotherapy as needed
- **PROM:**
 - Progress to full ROM flex/abd/ER
 - Add in gentle, pain free IR
- **Exercise:**
 - Shoulder shrug
 - AAROM canes
 - Isometric ER/IR (arm at side, elbow at 90)
 - Active horizontal abd in prone . Movement from 45 of horizontal adduction to full horizontal abduction

Days 43-56

- **Immobilizer: wean out of gradually**
- **PROM/AAROM:**
 - Advance to full in all planes
- **Exercise:**
 - Begin active ER with tubing

Active IR in supine with arm at side and elbow flexed to 90
Active shoulder flexion and abduction to 90 degrees allowed

Days 57-84

- **ROM:**
Progress to full PROM and AROM
Begin stretching for anterior and posterior capsule
- **Exercise**
Isotonic strengthening with emphasis on RTC and posterior deltoid
Begin active IR with tubing
PNF patterns added
Increase horizontal abduction to starting position of 90 degrees of horizontal adduction

Days 85-112

- **ROM:** Should be pain free and full
- **Exercise:**
Focus on eccentric RTC strengthening
Add isokinetic strengthening and endurance ex for shoulder ER/IR with arm at side and horizontal abduction added.

Days 113-160

- **Exercise:**
Focus on eccentric RTC strengthening and total body conditioning
Emphasize strength and endurance

Days 160- on

- **Return to sport:**
Begin integrated throwing program of 20 ft with no windup.
Isokinetic test should be 80% strength and endurance compared to involved side before beginning.
Non throwing athletes can begin a sports specific program
Return to full sport usually achieved at 8-12 months for non contact athletes and 9-12 months for contact athlete.

Patient progression during the time frames along with general modality and exercise choice is left up to the discretion of the treating therapist. If you have any questions regarding this protocol, please contact (316) 219-8299.