

# OPEN RTC PROTOCOL

## PHASE I: (WEEK 0-6)

- Wear sling except for exercises and showering
- NO AROM
- Elbow & wrist ROM & grip strengthening
- Start Codmans
- WEEK 2:
  - AAROM in supine (wand)
    - FLEX to 90°
    - ABD to 90°
    - IR to belly
    - ER 30° @ neutral
- WEEK 3:
  - Submaximal isometrics pain free, \*Avoid ABD
- WEEK 4:
  - PROM
    - FLEX to 153°
    - ABD to 153°
  - Pulleys AAROM
    - FLEX 90°-110°
    - ABD 90°-110°
- WEEK 6:
  - Pt should have 75% of PROM compared to uninvolved side

## PHASE II: (WEEKS 6-12)

- D/C immobilizer
- Regain full PROM through:
  - Stretching
  - Joint mobilizations
  - AAROM
- Begin PNF
- Begin PRE in painfree range
- AVOID IMPINGEMENT:
  - WEEKS 6-8:
    - Submaximal isometrics in all planes
  - WEEKS 8-10:
    - Begin theraband exercises
      - Start with IR & ER in neutral
      - Work toward FLEX & ABD to 90°
      - Then EXT & ADD
  - WEEKS 10-12:
    - Begin free weights
      - Start with standing FLEX, ABD
      - Side-lying ER
      - Supine IR
    - Hughston exercises started in prone
    - Emphasis on proper scapular stabilization and control
  - WEEK 12:
    - Patient should have full AROM and PROM with good scapular control
    - Adequate strength to perform pain free ADL's
    - PT visits may decrease to 1-2x/month to progress home program

## PHASE III: (3-6 MONTHS)

- Aggressive stretching
- ↑ resistance strengthening program
- Progress back to sports or more strenuous work related functional activities
- Generally it takes:
  - 3-4 months to return to full activity
  - 9-12 months to reach full rehab potential
- At 6 month follow up, hope to have 90% of strength compared to uninvolved side & pain free with activities