

HSS – ERPB

523 E 72nd St, 6th Fl
New York, NY

HSS – West Side

610 W 58th St
New York, NY

HSS – Brooklyn

148 39th St, 7th Floor
Brooklyn, NY

**DR. GABRIELLA ODE**

Sports Medicine & Shoulder Surgery

www.GabriellaOdeMD.com



www.gabriellaodemd.com

Ode Office Tel: 212.606.1403

Ode Office Fax: 917.260.4903

PHYSICAL THERAPY PROTOCOL REMPLISSAGE PROCEDURE

PRECAUTIONS	This protocol is intended to supplement the Anterior Stabilization PT protocol. Sling duration is 6 weeks (Weeks 5 and 6 are for sling during sleep/out of home only)
PHASE 0 - QUIET Week 0	▪ Quiet in sling with elbow/wrist/hand ▪ Begin active scapular retraction/protraction exercises with therapist cueing
PHASE 1 – PASSIVE Week 1- 6	▪ <i>Pendulums to warm-up beginning week 1</i> ▪ Supine External Rotation – 15°-30° ▪ Supine Forward Elevation - 90° ▪ No Internal Rotation past 30° (in sling)
PHASE 2 – ACTIVE Week 6 - 10	▪ <i>Pendulums to warm-up</i> ▪ <i>Active ROM with passive stretch to prescribed limits</i> ▪ Supine AROM◊Seated Forward Elevation – Full ▪ Supine AROM◊Seated External Rotation - 30° ▪ Bicep Curls/Bear Hugs ▪ Internal Rotation – IR ROM to stomach but DO NOT STRETCH ▪ Horizontal Adduction – to body
PHASE 3 – RESISTED End of Week 10 (Week 11) - 15	▪ <i>Pendulums to warm-up and continue with phase 2</i> ▪ External and Internal Rotation ▪ Standing forward punch ▪ Seated Rows ▪ Continue ER and IR progression to full ROM with end range stretch ▪ Band exercises for strengthening ▪ Scapular stabilization exercises – rhythmic stab, mod hand taps
Weight Training Week 16	▪ Avoid anterior capsular stress ▪ Keep hands within eyesight, keep elbows bent, no long lever arms ▪ Minimize overhead activities ▪ (No military press, pull-down behind head, or wide grip bench)
Return to Activities	Golf – 3 months (chip and putt only) Tennis - 4 months (no overhead) Contact Sports – 6 months