

heekin orthopedic S P E C I A L I S T S

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WEAVER-DUNN PROCEDURE PHYSICAL THERAPY PROTOCOL

Preoperative Guidelines

- Restore full shoulder AROM
- Strengthen in pain free ROM, emphasize rotator cuff/scapular stabilization musculature
- Instruct in use of sling, icing, hand gripping, elbow ROM, and pendulum exercises.
- Educate Patient on post-op compliance to ensure best functional outcome

Note: Exercise prescription is dependent upon the tissue healing process and individual functional readiness in *all* stages. If any concerns or complications arise regarding the progress of any patient, physical therapy will contact the orthopedist.

Phase I (Post-op Days 1-7)

- No running x 8 weeks**
- Sling x 4 wks – even while sleeping
- Supported pendulum exercises
- 1-2 finger (submax) isometrics all planes
- Hand squeezing exercises
- Elbow and wrist AROM
- Stationary bike
- Ice pack PRN
- Sleep with pillow under arm for comfort

Goals – Pain control, full ROM elbow/wrist/hand

Phase II (Weeks 2 – 4)

- No running x 8 weeks**
- Continue sling x 4 wks
- Continue appropriate previous exercises
- Shoulder shrugs/scapular retraction without resistance
- Supine AAROM flexion to 90 degrees only
- Supine AAROM abduction to 60 degrees only

- AAROM ER as tolerated
- 1-2 Finger isometrics – 6-way, pain-free

Goals: Supine AAROM: flex 90 degrees, abd 60 degrees, full ER, pain control, no scapular adhesions

Phase III (Weeks 5 – 6)

- No running x 8 weeks**
- D/C sling at 4 weeks
- Pendulum exercises
- Continue supine AAROM flex to 90 degrees and abd to 60 degrees only
- Light Theraband:
 - External and Internal rotation with pillow or towel roll under arm
 - Flexion, Extension, Abduction, Adduction to 60 degrees max
- Scapular retraction/rowing exercises with Theraband
- Supine triceps strengthening with light weight
- Biceps curls with light weight
- Treadmill – Walking progression program

Goals: Normal biceps/triceps strength, at least 4+/5 rotator cuff strength

Phase III (Weeks 7 – 8)

- No running x 8 weeks**
- Schedule Gym Program appointment
- Continue appropriate previous exercises
- Supine AAROM to 90 degrees flex and abd
- Rotator cuff PREs with Theraband/weights
- Level I Dynamic stabilization exercises for scapula: gentle weight shifting with hands on wall, progress to hands and knees weight shifting, Plyoback with chest pass (2 hands)
- Body blade (smaller size). Start with 2 hands and progress to one. Increase endurance
- Push-ups against wall – hands below shoulder level
- UBE
- Elliptical trainer
- Treadmill – Continue walking program

Goals: Normal rotator cuff strength, Supine AAROM to 90 degrees flex and abd, Walk 2 miles at 15 min/mile pace

Phase IV (Weeks 9 – 12)

- Continue appropriate previous exercises
- Progress rotator cuff strengthening
- AAROM to tolerance with wand, pulley, wall climb – full range
- AROM in pain-free range
- Level II Dynamic stabilization exercises: supine tubing perturbations, single arm weight shifting on hands and knees, PNF, rhythmic stabilization, ball on wall, BAPS, large Body Blade, Plyoback progression, Fitter

- Prone horizontal shoulder abduction PREs
- Rowing on Total Gym level 1-3
- Ball toss with arm at side, progress gradually to overhead if no pain.
- Push-up progression – Wall to table, to knees
- Stairmaster
- Treadmill – Begin jogging progression
- Pool therapy

Goals – Full ROM GH joint with normal scapulothoracic rhythm, 30 bent knee push-ups, jog 2 miles

Phase V (Months 3 – 6)

- Advance weight training program (Continue gym progression)
- Initiate sports-specific or work-specific drills/tasks
- Throwing progression
- Push-ups – regular
- Continue aerobic conditioning
- Swimming

Goals: Resume all activities (pain free) by 6 mos, normal shoulder pain free ROM and strength, normal arthrokinematics

No contact sports until 6 months post-op