

Name \_\_\_\_\_

Date \_\_\_\_\_

Physician \_\_\_\_\_



# Patient Flow Sheet

proaxistherapy™

## Anterior Stabilization

Sling for 4 weeks. Avoid “throwing position” for 3 months.

### **Phase 0 – (QUIET)**

Week 0

Quiet in sling with elbow/wrist/hand  
Begin active scapular retraction exercises with therapist cueing

### **Phase 1 - (PASSIVE)**

Week 1-3

*Pendulums to warm-up*  
Supine External Rotation - 0°  
Supine Forward Elevation – 90°  
No Internal Rotation

Week 4

Supine External Rotation - 30°  
Supine Forward Elevation – Full  
Internal Rotation to belt line

### **Phase 2 - (ACTIVE)**

Weeks 4 & 5

*Pendulums to warm-up.*  
*Active Range of Motion with passive stretch to prescribed limits*

Supine → Seated External Rotation (gradually increase to full by week 12)  
No terminal stretching with ER  
Supine → Seated Forward Elevation – Full  
Internal Rotation – Full

### **Phase 3 - (RESISTED)**

Week 6

*Pendulums to warm up and continue with phase 2*  
External and Internal Rotation – standing forward punch  
Seated rows/shoulder shrugs  
Biceps Curls/Bear Hugs  
Continue ER progression to full over next 6 weeks

### **Weight Training**

Week 12

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 Activity**

Computer	After 4 weeks
Golf	8 weeks (chip and putt only)
Tennis	12 weeks (no overhead)
Contact Sports	4 months
Tennis	12 weeks (no overhead)
Contact Sports	4 months

### **Surgeon Comments:**

Therapist Name \_\_\_\_\_