

Name \_\_\_\_\_

Date \_\_\_\_\_

Physician \_\_\_\_\_



proaxistherapy™

**Patient  
Flow Sheet**

## Humeral Head or Glenoid Microfracture

Ultra sling for weeks 0-3

Regular sling for weeks 3-6

### **Phase 0 – (QUIET)**

Week 0 – 1

Quiet in sling with elbow/wrist/hand

Begin active scapular retraction/protraction exercises with therapist cueing

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

Week 2 –6

*Pendulums to warm-up (1500 reps/day)*

Supine External Rotation –0°-30° beginning at 2 weeks with progression to full PROM by 6 weeks

Supine Forward Elevation –0°-90° beginning at 2 weeks with progression to full PROM by 6 weeks

*\* progress to upright as tolerated with ER and FE*

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

Pendulums to warm-up.

Active Range of Motion with terminal stretch

Week 7-9

Supine External Rotation – after 6 weeks progress GRADUALLY to full

Supine Forward Elevation – after 6 weeks; progress GRADUALLY to full

Begin active biceps

Internal Rotation-Full (begin behind the back)

Begin AROM in supine and progress to upright

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

Pendulums to warm up and continue with phase 2.

Week 10

External and Internal Rotation

Standing forward punch

Seated rows

Shoulder shrugs and Biceps curls

### **Weight Training**

Week 12

Keep hands within eyesight, keep elbows bent, no long lever arms.

Minimize overhead activities (below shoulder)

(No Military press, pull-down behind head, or wide grip bench)

### **Initiation of Interval Sport Programs**

### **Surgeon Comments:**

Golf 3 months

Tennis 4 months

Ski 3-4 months

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