



Minimal pain and inflammation

**Weeks 10-14: Phase III**

Exercises: AAROM for full FF and ER  
AAROM for IR - no limits  
IR/ER/FF isotonic strengthening  
Scapular and latissimus strengthening  
Humeral head stabilization exercises  
Begin biceps strengthening  
Progress IR/ER to 90/90 position if required  
General upper extremity flexibility exercises

Advancement Criteria: Normal scapulohumeral rhythm  
Full upper extremity ROM  
Isokinetic IR/ER strength 85% of uninvolved side  
Minimal pain and inflammation

**Weeks 14-18: Phase IV**

Exercises: Continue full upper extremity strengthening program  
Continue upper extremity flexibility exercises  
Activity-specific plyometrics program  
Begin sport or activity related program  
Address trunk and lower extremity demands

Begin throwing program

- Begin light tennis ball tossing at 20-30ft. max at 60% velocity, work on mechanics of wind up, early cocking phase, late cocking phase, acceleration, and follow through
- Isokinetics at high speeds - with throwing wand if thrower, 240, 270, 300, 330, 360 deg/sec and up, 15 reps each speed
- Throwers begin re-entry throwing program on level surface (criteria to start program listed on re-entry throwing protocol)
- Continue strengthening and stretching programs  
Emphasize posterior capsule stretching

Discharge Criteria: Isokinetic IR/ER strength equal to uninvolved side  
Independent HEP  
Independent, pain-free sport or activity specific program

**Concerns or questions:**

**Meghan** (clinical nurse – Dr. Kaar) at **(314) 977-1082** / email: [meghan.gehrs@health.slu.edu](mailto:meghan.gehrs@health.slu.edu)

**Julia** (clinical nurse specialist – Dr. Kim) at **(314) 577-8524** / email: [santiago@slu.edu](mailto:santiago@slu.edu)

General office at (314) 256-3850 (SLUH South Campus Clinic); (314) 977-1050 (St Mary's Clinic); Cardinal Glennon (314) 577-5640

**Physician Signature:**