



EDEN LANGE PROCEDURE PROTOCOL

Name: _____ Date: _____

Diagnosis: _____

Date of Surgery _____

Frequency: 1 2 3 4 times/week Duration: 1 2 3 4 5 6 Weeks

Weeks 1-6:

- No PT
- Gunslinger Brace

Week 6-12:

- ROM goals: 140 FF/ 40 ER at side; ABD max 6-80 without rotation
- Begin ROM in supine position. Advance to sitting, then standing
- Advance as tolerated PROM - AAROM - AROM
- No resisted motions of the shoulder until 12 weeks post-op
- Isometrics with arm at side beginning at 8 weeks
- Grip strengthening OK
- Heat before PT, ice after PT

Months 3-12:

- Goals: same as above, but can increase as tolerated
- Advanced to full ROM as tolerated with passive stretching at end ranges
- Advance strengthening as tolerated: isometrics - bands- light weights (1-5 lbs); 8-12 reps/ 2-3 sets per rotator cuff: deltoid, and scapular stabilizers
- Only do strengthening 3x /week to avoid rotator cuff tendonitis
- Begin eccentrically resisted motions, plyometrics (ex. Weighted all toss), proprioception (ex body blade)
- Begin sports related rehab at 4 ½ months, including advanced conditioning
- Return to throwing at 6 months
- Collision sports at 9 months
- MMI at 12 months

Comments:

Functional Capacity Evaluation Work Hardening/Work Conditioning Teach HEP

Modalities:

Electric Stimulation Ultrasound Iontophoresis Phonophoresis
 TENS Heat before/after Ice before/after Trigger points massage
 Therapist's discretion
 Other _____

Signature: _____ Date: _____