

### **Shoulder Microfracture PT Protocol**

- Ultra-sling for weeks 0-3
- Regular sling for weeks 3-6

#### **Phase 0 – Quiet (Week 0 to 1):**

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

#### **Phase I – Passive (Weeks 2 to 6):** Pendulums to warm-up (1500 reps/day)

- Supine External Rotation  $-0^{\circ}$ - $30^{\circ}$  beginning at 2 weeks with progression to full PROM by 6 weeks
- Supine Forward Elevation  $-0^{\circ}$ - $90^{\circ}$  beginning at 2 weeks with progression to full PROM by 6 weeks
- Progress to upright as tolerated with ER and FE

#### **Phase II – Active (Weeks 7 to 9):** Pendulums to warm-up.

- Active Range of Motion with terminal stretch
- Supine External Rotation – after 6 weeks progress GRADUALLY to full
- Supine Forward Elevation – after 6 weeks; progress GRADUALLY to full o Begin active biceps
- Internal Rotation-Full (begin behind the back)
- Begin AROM in supine and progress to upright

#### **Phase III – Resisted (Week 10 to 11):** Pendulums to warm up and continue with phase 2

- External and Internal Rotation
- Standing forward punch
- Seated rows
- Shoulder shrugs and Biceps curls

#### **Phase IV – 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:**

- Golf: 3 months
- Tennis: 4 months
- Ski: 3-4 months