



Patient label

[illegible]

- **Phase 1** Maximum Protection
- **Phase 2** Progressive strength and active ROM
- **Phase 3** Strengthening
- **Phase 4** Advanced strengthening and plyometrics

PHASE IV: Advanced Strengthening (12-16 WEEKS AFTER SURGERY)

Rehabilitation Goals

- Progress power/endurance
- Normalize shoulder/forearm strength
- Introduce upper extremity plyometrics

Interventions

- Elbow PROM
- Soft tissue mobilization (as needed)

Exercises

- 6-8lb medicine ball chest pass (with therapist or at trampoline – emphasis on full extension follow thru)
- Body blade (ER/IR, push/pull)
- Supine dumbbell press *14 weeks: • 90-90 ball taps (1 to 2lb medicine ball)
- Rhythmic stabilization in scaption plane (with medicine ball on wall)

Additional Instructions:

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Date