

SCAPULAR THORACIC/GLENOHUMERAL FUSION PROTOCOL

	BRACE	ROM	EXERCISES
PHASE I Weeks 0-6	Sling for 3 months	Pendulum exercise, elbow and wrist range of motion, grip strengthening	No PT!!!
PHASE II Weeks 6-12		PROM >AAROM>AROM	No strengthening for 3 months (fusion takes place in 8-12 weeks)
PHASE IV Months 3-12		Advance ROM as tolerated	ST Fusion – up to 110 degrees of forward elevation GH Fusion – up to 90 degrees of forward elevation Begin strengthening program, isometrics > therabands > weights. Increase as tolerated for deltoids, and upper extremities, etc.

Comments:

Functional Capacity Evaluation Work Hardening/Work Conditioning Teach HEP