

Nonoperative Throwing Shoulder/Elbow Rehabilitation Protocol

Joseph D. Lamplot, M.D.
Referral for Rehabilitation Services

Patient Name: _____ Diagnosis: _____ PT Duration: _____ / Week _____ Weeks

Phase	Precautions	Treatment Recommendations	Emphasize
Phase 1: Rest and Recovery Weeks 1-2 <i>Criteria for Advancement:</i> -No pain at rest or with above exercises - Full, pain-free elbow ROM	<ul style="list-style-type: none"> Avoid pain provoking activities Avoid any painful exercises 	<ul style="list-style-type: none"> Cross body stretch Elbow and shoulder AROM AROM hand/wrist Row with scapular protraction and retraction Scapular stabilization <ul style="list-style-type: none"> o Prone row o Prone extension o Prone horizontal abduction Kinetic chain focus 	<ul style="list-style-type: none"> Reduction of pain and inflammation Restoration of pain-free ROM Prevention of muscle atrophy
Phase 2: Intermediate Weeks 3-4 <i>Criteria for Advancement:</i> -Tolerance of Phase 2 exercises without elbow discomfort -5/5 strength for RC MMT	<ul style="list-style-type: none"> Maintain pain-free ROM Avoid painful exercise 	<ul style="list-style-type: none"> Continue as above Posterior shoulder flexibility, crossbody and/or sleeper stretch Wrist and forearm progression Throwers Ten/Advanced Throwers Ten Rotator cuff (RC) eccentrics RC tubing at 0° and progress to 90° shoulder abduction Scapular stabilization <ul style="list-style-type: none"> o Closed kinetic chain (CKC) quadruped single arm protraction → unstable surface → perturbations o Wall slide with low trap lift off o Dynamic hug o Prone T, W, Y, I End range stabilization using exercise blade/perturbations 	<ul style="list-style-type: none"> Progression of rotator cuff and scapular strength Restoration of shoulder endurance in 90/90 position Improved neuromuscular control
Phase 3: Advanced Weeks 5-6 <i>Criteria for Advancement:</i> -Single arm plyometrics without discomfort -Towel drill without discomfort	<ul style="list-style-type: none"> Avoid painful activities 	<ul style="list-style-type: none"> Continue stretching above Foam roller/trigger point ball as needed Continue all shoulder exercises above Progress neuromuscular stabilization <ul style="list-style-type: none"> o Perturbations at end range external rotation 90/90 o Wall ball stabilization with perturbations Plyometric progression <ul style="list-style-type: none"> o Double arm plyometrics → Single arm plyometrics → 90/90 plyometrics o 90/90 wall dribble o Eccentric catches Progress scapular/serratus activation <ul style="list-style-type: none"> o Landmine press o "Plus" in plank position _ unstable surface _ perturbations Towel drill 	<ul style="list-style-type: none"> Advancement to plyometric and sports specific movements Progression of RC and scapular strength and endurance

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EMORY
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CENTER

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Phase 4: Return to Performance Progression Weeks 7-12+ <i>Criteria for Advancement:</i> -Pain-free progression through interval sports program -Independent with all arm care exercises -Assess need for Video Throwing Analysis program	<ul style="list-style-type: none">▪ Avoid painful activities▪ Monitor for loss of strength and flexibility	<ul style="list-style-type: none">▪ Initiate interval sports program<ul style="list-style-type: none">o Monitor mechanicso Monitor workload▪ Initiate hitting program if appropriate▪ Continue with all upper and lower extremity flexibility exercises▪ Continue with advanced shoulder and scapular strengthening exercises	<ul style="list-style-type: none">▪ Return to sport participation

Protocol adapted from Hospital for Special Surgery Rehabilitation nonoperative throwing and elbow guidelines

I hereby certify these services as medically necessary for the patient's plan of care.

Physician's Signature

Date _____

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