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Scapular Thoracic/Glenohumeral Fusion Protocol

Name: _____ Date: _____

Diagnosis: _____

Date of Surgery: _____

Frequency: _____ times per week | Duration: _____ weeks

Weeks 0-6:

- NO physical therapy!
- Sling for 3 months.
- Pendulum exercise, elbow and wrist range of motion, grip strengthening.
- Physical modalities per PT discretion.

Weeks 6-12:

- PROM >AAROM>AROM.
- No strengthening for 3 months (fusion takes place in 8-12 weeks).

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:

Additional:

___ 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 ___ Other: _____

___ Therapist's discretion

Signature: _____

Date: _____