

Scapulothoracic/ Glenohumeral Fusion Protocol



Name: _____ Date: _____

Diagnosis: _____

Date of Surgery: _____ Frequency: _____ times per week | Duration: _____ weeks

Weeks 0-6:

- » No physical therapy
- » Sling for 6 weeks
- » Patient to do home exercises given post-op (pendulums, elbow ROM, wrist ROM, grip strengthening)

Weeks 6-12:

- » PROM → AAROM → AROM
- » No strengthening for 3 months

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
- » Advance strengthening as tolerated: isometrics → bands → light weights (1-5 lbs); 8-12 reps/2-3 set per exercise for rotator cuff, deltoid, and scapular stabilizers

Additional:

- Teach HEP Work Hardening/Work Conditioning Functional Capacity Evaluation

Modalities:

- Ice or cryotherapy before/after Heat before/after Electric Stimulation TENS Ultrasound
- Trigger points massage Dry needling Therapist's discretion

Signature: _____ Date: _____

Want to learn more? Find relevant videos, animations, and research material by orthopaedic surgeon Dr. Anthony Romeo at anthonyromeo.com. →

