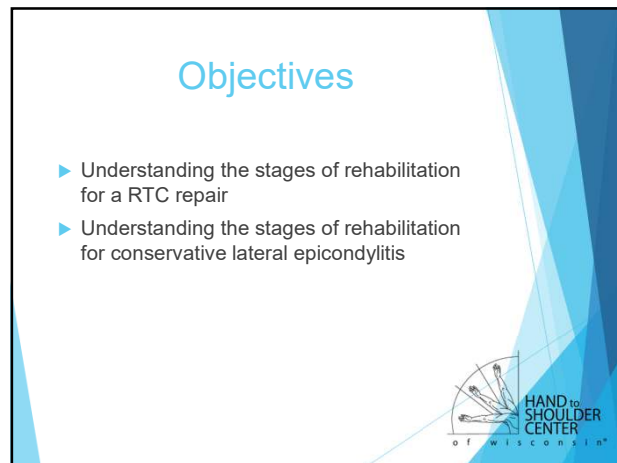
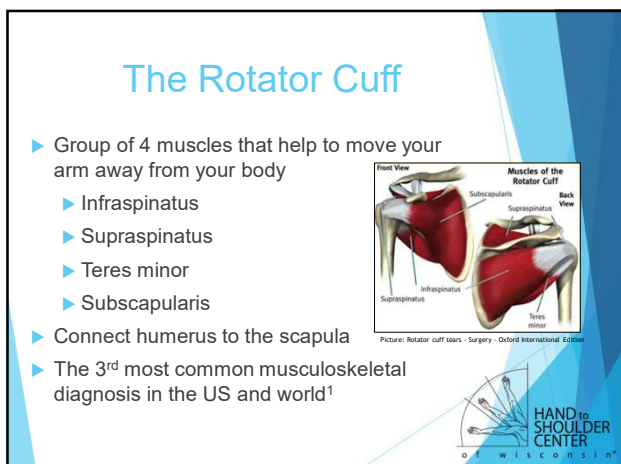




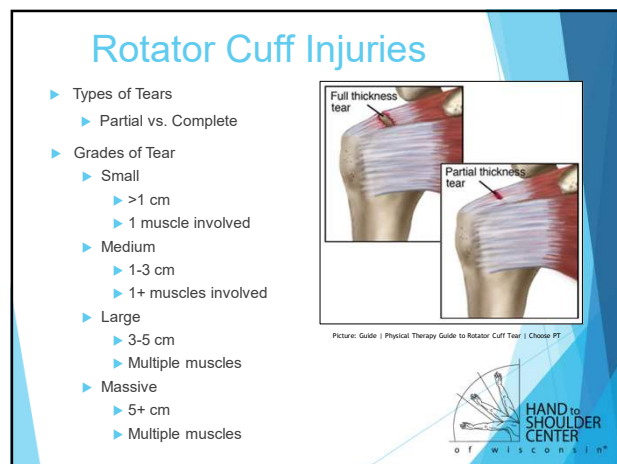
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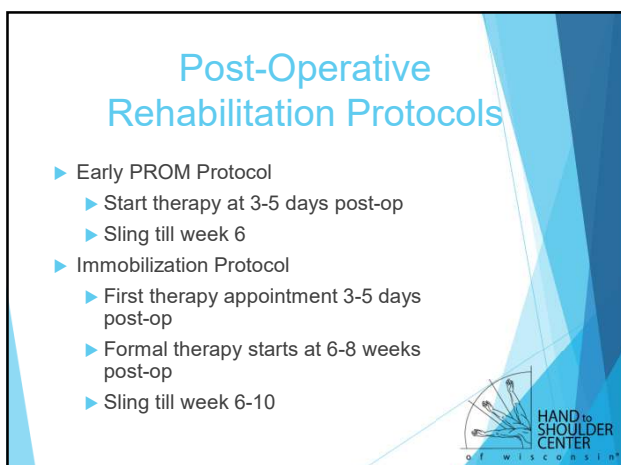
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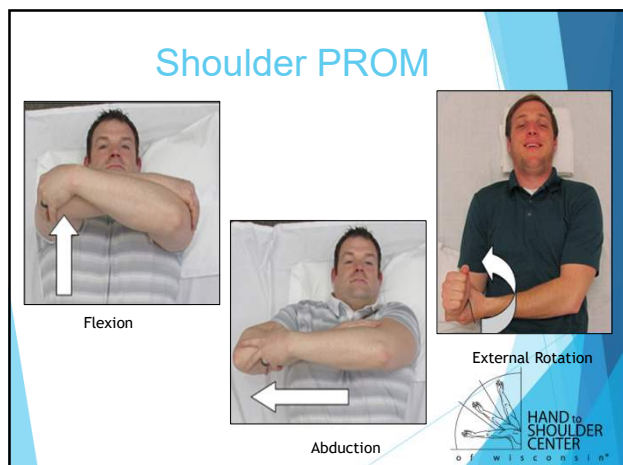
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6



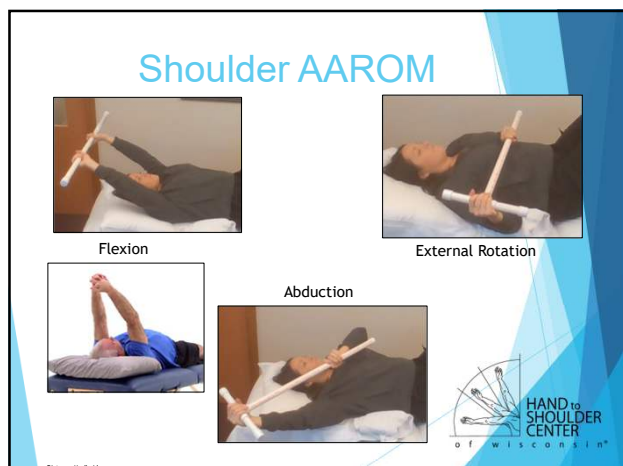
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Weeks 6-8: MAINTAIN integrity of the repair

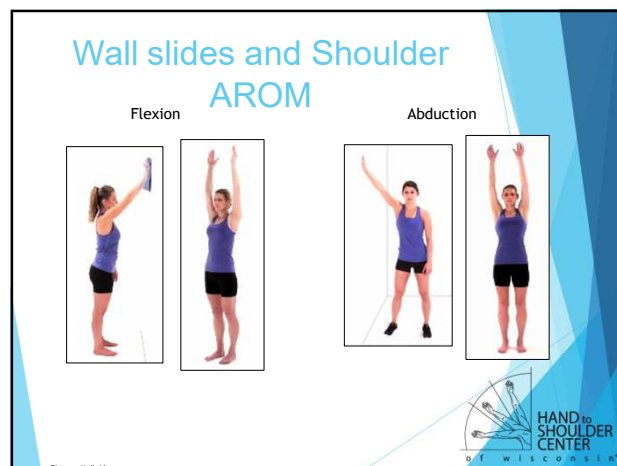
- ▶ Early PROM
 - ▶ Week 6: Unlimited shoulder PROM and discontinue sling
 - ▶ Week 8: Begin A/AROM and isometrics
- ▶ Immobilization
 - ▶ Initiate formal therapy
 - ▶ Shoulder PROM within guidelines

HAND to SHOULDER CENTER
of wisconsin

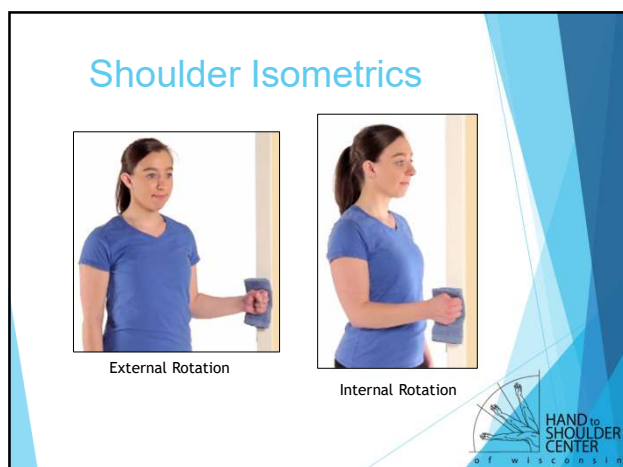
8



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Weeks 8-10: MAINTAIN integrity of the repair

- ▶ Early PROM
 - ▶ Continue with ROM and isometrics
- ▶ Immobilization
 - ▶ Increasing shoulder PROM to unlimited
 - ▶ Initiate A/AROM and isometrics

HAND to SHOULDER CENTER
of wisconsin

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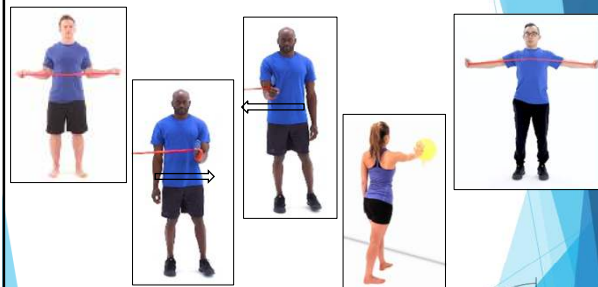
Weeks 10-12+: MAINTAIN integrity of the repair and strengthen

- ▶ Early PROM
 - ▶ Week 12-16: Advance isotonic strengthening
 - ▶ Week 16-24: Weight bearing and low impact
 - ▶ Week 24+: Return to activities
- ▶ Immobilization
 - ▶ Week 10: Initiate isotonic strengthening
 - ▶ Week 16+: Overhead lifting and heavier weight bearing



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Strengthening

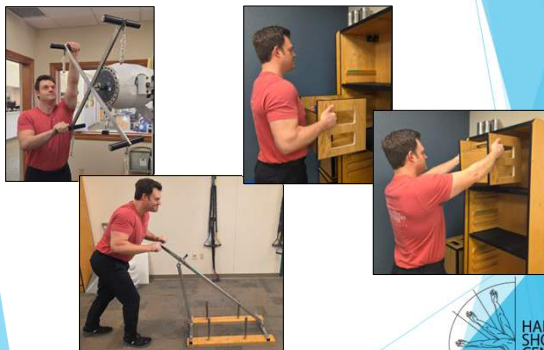


Picture: Medbridge



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Work Simulation Tasks



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Summary of Rotator Cuff Repairs

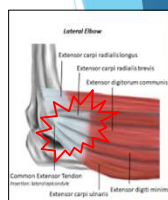
- ▶ Early PROM Protocol
 - ▶ Starts therapy sooner
 - ▶ Discharges sling earlier
 - ▶ ROM starts earlier and progresses more quickly early on
- ▶ Immobilization Protocol
 - ▶ Starts therapy later
 - ▶ Sling for a few weeks longer
 - ▶ Hold ROM
- ▶ Similar outcomes in the end!!!



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Lateral Epicondylitis (Tennis Elbow)

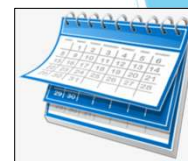
- ▶ Microscopic tears of the common extensor muscle group
- ▶ Injury often occurs from dynamic overload to common extensor group
- ▶ Affects approximately 1-3% of the population³
- ▶ Affects more than just tennis players!



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Lateral Epicondylitis (Tennis Elbow)


- ▶ Symptoms
 - ▶ Pain at lateral epicondyle
 - ▶ Decreased grip strength
- ▶ Patient education!
 - ▶ May take 1-2 years for full resolution of symptoms



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Education

- ▶ Decrease activities with elbow extended, wrist extended and palms down
- ▶ Work with elbows flexed close to body with palm in neutral to palm up position





Pictures: istockphoto.com



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Therapy Examination

- ▶ Things to look at:
 - ▶ Wrist, forearm and elbow ROM
 - ▶ Grip strength
 - ▶ Muscle length
 - ▶ Radial head mobility
 - ▶ Myofascial restrictions
 - ▶ Radial nerve involvement?
 - ▶ Proximal strength
 - ▶ Resting posture

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Splinting

- ▶ Custom/Pre-fabricated WHO
- ▶ Counterforce brace



Picture: Osur America-Royce Medical Brace Support Form Fit

Picture: Proband - BandT® - Proband® Sports Industries



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Therapy

- ▶ "Pain-free" stretching
- ▶ Addressing soft tissue restrictions
- ▶ Radial head mobilizations



Picture: MedBridge



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Therapy

- ▶ Eccentric loading
- ▶ Dry needling
- ▶ Application of elastic tape
- ▶ Strengthen proximally!




Picture: MedBridge, pcrhastings.com, kinetape.com



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Summary of Lateral Epicondylitis

- ▶ Rehabilitation involves many avenues of treatment
- ▶ Avoid painful activities
- ▶ Modify mechanics



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References

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5. Hand to Shoulder rehabilitation protocols
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THANK YOU



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