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## Humeral Head or Glenoid Microfracture

Name: \_\_\_\_\_ Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

### Phase 0: Quiet (Weeks 0 to 1)

- UltraSling for weeks 0 to 3
- Quiet in sling with elbow/wrist/hand
- Begin active scapular retraction/protraction exercises with therapist cueing

### Phase I: Passive (Weeks 2 to 6)

- Regular sling for three to six weeks
- Pendulums to warm-up (1,500 reps per day)
- Supine external rotation – 0 to 30 degrees beginning at two weeks with progression to full PROM by six weeks
- Supine forward elevation – 0 to 90 degrees beginning at two weeks with progression to full PROM by six weeks
- Progress to upright as tolerated with ER and FE

### Phase II: Active (Weeks 7 to 9)

- Pendulums to warm-up
- Active range of motion with **terminal stretch**
- Supine external rotation – after six weeks; progress **gradually** to full
- Supine forward elevation – after six weeks; progress **gradually** to full
- Begin active biceps
- Internal rotation – full (begin behind the back)
- Begin AROM in supine and progress to upright

### Phase III: Resisted (Week 10)

- Pendulums to warm up and continue with Phase II
- External and internal rotation
- Standing forward punch
- Seated rows
- Shoulder shrugs and biceps curls

### Weight Training (Week 12)

- Keep hands within eyesight, keep elbows bent, no long lever arms
- Minimize overhead activities (below shoulder)
- **No** military press, pull-down behind head or wide grip bench

### Return to Activities

- Golf: 3 months
- Tennis – 4 months
- Ski – 3 to 4 months

