

NON-OPERATIVE REHABILITATION PROTOCOL

Non-Operative Shoulder

William McLaughlin, MD | Sports Medicine Surgery | Advanced Bone & Joint

Comprehensive Treatment Program

GOALS FOR THIS PHASE

- Restore full active, active-assisted, and passive ROM.
- Address posterior capsule mobility with emphasis on internal rotation.
- Progress rotator cuff and deltoid strengthening from isometrics through isokinetics.
- Build scapular stabilization throughout.
- Return to sport with sport-specific strengthening and plyometrics.

Range of Motion

- Active / active-assisted / passive.
- Posterior capsule stretching after warm-up (emphasize internal rotation).

Strengthening

- Rotator cuff and deltoid isometrics.
- Rotator cuff, deltoid, and scapular stabilization program exercises.
- Begin below horizontal; progress as strength/ROM allow.
- Begin with isometrics for rotator cuff; progress to isotonic/isokinetics.
- Deltoid, lats, triceps, and biceps PREs.
- Eccentric rotator cuff and scapular stabilization exercises.

Conditioning

- Upper-body ergometer.

Return to Sport

- Sport-specific strengthening / plyometrics.

Modalities

- Modalities PRN — ultrasound, phonophoresis, e-stim, moist heat, ice.

This protocol is a general guideline. Progression is patient-specific and at the discretion of William McLaughlin, MD.