



**ActivFit Physiotherapy**  
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### **Post operative procedure**

If uncomplicated;

**4 weeks sling**

**4-6 weeks wean out of sling, keep in at night**

4 weeks elbow and hand maintenance, shoulder blade rolls,

4-6 weeks by side isometrics flex/ext/in/out, planar movements lean forward arm circles

6 weeks yellow planar theraband, rotation movements, ShoulderBlade by side

7 weeks green ShoulderBlade planar to 90 degrees

8 weeks blue, ShoulderBlade planar above 90 degrees

7-8 weeks light med ball work

8 weeks wall press

10 weeks easy breaststroke

12 weeks advanced strength, pushups

4 months freestyle swimming, football passing, then throw, underarm then flat then overhead at 5 months, fitball pushups

5 months clap pushups

6 months full activities

## Shoulder Strength Rehabilitation

Foam Roller thoracic and scapula trigger point work, stretches

Theraband activation

- Yellow/red/blue/silver/black
- Planar then rotation exercises in increasing elevation

Shoulder Blade

- 1 minute – front-side elevated in rotations

FitBall

- pushups – single leg/rotate hand positions – x30 max test
- plank rollouts
- knees single arm rollouts

Med Ball

- 2kg-3-5kg
- arm length front squats
- lunges above head/infront
- situps extended arms
- russian twists - double to single leg
- straight chops and diagonal chops – double to single leg
- circles each way and figure eights
- squat press throws
- single arm push and catch
- on knees press throws to push up
- squat start throws and running
- overhead back toss

Clap Pushups

- hands straight / in

Chin Ups

- narrow 3 sets 10-12-15-20

Slosh Pipes

- wide to narrow grip, light to heavy
- bicep curls
- military press
- standing rotations
- side tipping
- squats

## Advanced Gym Strength

**No** heavy 1-3 shoulder RMs – sets of 15-12-8

**No** heavy deadlifts

**No** behind heads

Ensure **Scapula** activation and scapula and thoracic contributing to 30%+ movement

1-2 **pull** motions to 1 **push** motion overall in program

Cable Pulls

- front / back / rotational

Front squats

Flys front full / side to 100 degrees

Rope wind ups

‘Little Circles’ with hand weights 1 min

Cleans

- hang clean
- power clean
- clean and multiple press

Snatch (light bar only)

- power snatch (half knee bend)
- snatch to split lunge - repeats
- snatch to squat repeats

Combined or Compound exercises (light bar)

- press + split lunge
- front row + split lunge
- hang clean + split lunge
- hang clean – press – split lunge
- walking lunges with presses