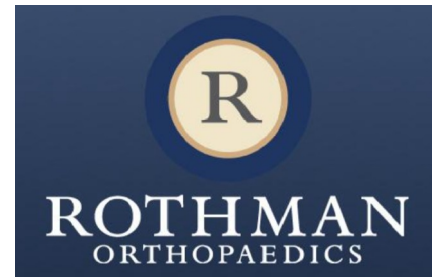


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EDEN LANGE PROCEDURE PHYSICAL THERAPY ROTOCOL

Name _____ Date _____

Diagnosis s/p RIGHT/LEFT Eden Lange

Date of Surgery _____

Frequency: _____ times/week Duration: _____ Weeks

_____ Weeks 1-6:

No PT

Gunslinger Brace

_____ Weeks 6-12:

ROM goals: 140 FF / 40 ER at side; ABD max 80 without rotation

Begin ROM in supine position. Advance to sitting, then standing

Advance as tolerated PROM → AAROM → AROM

No resisted motions of the shoulder until 12 weeks post-op

Isometrics with arm at side beginning at 8 weeks

Grip strengthening OK

Heat before PT, ice after PT

_____ Months 3-12:

Goals: same as above, but can increase as tolerated

Advanced to full ROM as tolerated with passive stretching at end ranges

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

Only do strengthening 3x /week to avoid rotator cuff tendonitis

Begin eccentrically resisted motions, plyo (Weighted all toss), proprioception (ex body blade)

Begin sports related rehab at 4 months, including advanced conditioning

Return to throwing at 6 months

Collision sports at 9 months

MMI at 12 months

_____ Functional Capacity Evaluation _____ Work Hardening/Work Conditioning _____ Teach HEP

Modalities

_____ Electric Stimulation _____ Ultrasound _____ Iontophoresis _____ Phonophoresis _____ Heat before

_____ Ice after _____ Trigger points massage _____ TENS _____ Therapist's discretion

Signature _____ Date _____