



## EDEN LANGE PROCEDURE PROTOCOL

### Weeks 1-6:

- No physical therapy
- Gunslinger Brace
- Elbow, wrist and hand ROM

### Week 6-12:

- ROM goals: 140° FF/ 40° ER at side; **ABD max 6-80** 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 - bands- 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, plyometrics ( ex. Weighted all toss), proprioception ( ex- body blade)
- Begin sports related rehab at 4 ½ months, including advanced conditioning
- Return to throwing at 6 months
- Collision sports at 9 months
- MMI at 12 months