

Dr. Curtis Noel's Protocol for:
**HUMERAL HEAD OR
 GLENOID
 MICROFRACTURE**



Sling Use:

6 weeks
 Ice and Modalities to reduce pain and inflammation

<p>Phase I: (Passive)</p>	<p>Week 0-6</p>	<ul style="list-style-type: none"> • Begin active wrist and elbow range of motion • Begin active shoulder retraction • Begin passive range of motion (Gradual Progression) <ul style="list-style-type: none"> ○ Full flexion and external rotation, pendulums • Shoulder pulleys – flexion and abduction • Manually resisted scapular elevation and retraction as tolerated
<p>Phase II: (Active Assistive)</p>	<p>Week 6-10</p>	<ul style="list-style-type: none"> • Maintain program as outlined in phase I • Initiate terminal range of motion stretching as tolerated • Begin active range of motion • Submaximal isometrics (ER, IR, Abd., Add., Flexion, Extension) • Wand flexion and abduction
<p>Phase III: (Resisted)</p>	<p>Week 10-16</p>	<ul style="list-style-type: none"> • Scapular strengthening • Proprioception drills emphasizing neuromuscular control • Begin resisted rotator cuff and scapular stabilization program • Proprioception and neuromuscular control drills • Manual resistance and PNF patterns • Light closed kinetic chain physio ball proximal stabilization drills
<p>Phase IV: Advance Strengthening and Plyometric Drills</p>	<p>Week 16-24</p>	<ul style="list-style-type: none"> • Continue with end range stretching • Continue with rotator cuff strengthening as outlined • Begin gym strengthening 3 to 4 times per week • Seated rows, front lat. pulls, biceps and triceps, light dumbbell chest press • Initiate closed kinetic chain strengthening in protected range as tolerated <ul style="list-style-type: none"> ○ Push-ups progression ○ Seated serratus push-ups • Initiate plyometric ball drills <ul style="list-style-type: none"> ○ Plyometric ball wall drills ○ Two arm rebounder drills progressing to one arm