

GARRETT COUNTY ORTHOPAEDICS

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QUADRILATERAL SPACE DECOMPRESSION PROTOCOL

Post-op Days 1 – 10

Sling for comfort – D/C 10 days
Hand squeezing exercises
Elbow and wrist active motion (AROM)
Pendulum exercises
Active assist motion (AAROM) in pain-free range (supine wand, wall climbs, pulleys)
***AVOID HYPERABDUCTION AND EXTERNAL ROTATION FOR 4 WEEKS**
AROM in pain-free range as tolerated
Shoulder shrugs / scapular retraction ex without resistance
Stationary bike
Ice pack PRN

Goals

Pain control
AAROM Flexion and Abduction to 120 degrees
(AVOID HYPERABDUCTION AND EXTERNAL ROTATION FOR 4 WEEKS)

Days 10 – 14

Continue appropriate previous exercises
AAROM, AROM in pain-free range
***AVOID HYPERABDUCTION AND EXTERNAL ROTATION FOR 4 WEEKS**
Isometrics x 6 (box) – pain-free
Light Theraband for ER and IR arm at side with pillow or towel roll under arm
Standing rows with light Theraband

Goal – AROM Flexion and Abduction to 150 degrees
(AVOID HYPERABDUCTION AND EXTERNAL ROTATION FOR 4 WEEKS)

Weeks 2 – 4

Continue appropriate previous exercises
PROM / Mobilization as needed to regain full motion
***AVOID HYPERABDUCTION AND EXTERNAL ROTATION FOR 4 WEEKS**
Theraband ex x 6, pain-free
Biceps and Triceps PREs with light weight
Prone scapular retraction exercises
Body Blade
UBE forwards and backwards
Elliptical trainer
Treadmill – Walking progression program

Goal – Full AROM
(AVOID HYPERABDUCTION AND EXTERNAL ROTATION FOR 4 WEEKS)

Weeks 4 – 6

Continue appropriate previous exercises
Theraband ex x 6 with increasing resistance
Seated row weight machine with light weight
Ball on wall (arcs, alphabet)
BAPS on hands
Ball toss with arm at side
Push-up progression against wall
Treadmill – Running progression program

Goal – 30 wall push-ups

Weeks 6 – 8

Continue appropriate previous exercises
Bench press with light weight
Ball toss overhead
Push-up progression – Table to chair
Pool therapy
Running progression to track

Goal – Normal rotator cuff strength

Months 2 – 4

Continue appropriate previous exercises with increasing resistance
Push-ups, regular
Sit-ups
Swimming pain free strokes only, progress to overhead/freestyle.
Transition to home / gym program

Goals

Return to all activities

Todd W. Feathers, MD

Orthopaedic Surgeon