

CAM Procedure



HOWARD HEAD
SPORTS MEDICINE

A service of Vail Health Hospital



Name: _____

DOB: _____

Dr: Godin

DOS: _____

Passive ROM RESTRICTIONS

FE: full

ER: full

IR: full

ABD: full

Begin full AROM

3 days

Sling

For comfort x 2 weeks

ROM & Muscle Initiation	1	2	3	4	5-8+	9-14+	15-20+	21+
Scapular retraction - depression								
Cervical, elbow, wrist & hand ROM								
Pendulums								
Passive ROM:								
A) Ext rotation & internal rotation to belt								
B) Forward elevation & scaption								
C) Abduction								
Active assist ROM:								
A) External & internal rotation								
B) Forward elevation & scaption								
Isometrics								
A) External & internal rotation								
B) Biceps & triceps								
Active ROM								
A) Sidelying external rotation								
B) Forward elevation & scaption								
C) Salutes (lawn chair progression)								
D) Prone extension & horizontal abd								
G) Open chain proprioception								
Low load prolonged stretches:								
A) Towel internal rotation								
B) Cross arm								
C) Sleeper								
D) 90/90 external rotation								
Progress to Endurance: 6+ wks & PROM FE 120, Abd 90, Ext Rot 30, Q DASH <60%,								
Muscular Endurance 3 x 15, 45s rest					5-8+			
External & internal rotation								
Punches with a plus								
Sport cord rows								
Prone lower trap								
Bicep curls / tricep extension								
Closed chain stability								
Progress to Strength: 12+ wks & AROM FE 120, Abd 120, Ext Rot 45, Q DASH <45%								
Muscular Strength 3 x 10 120s rest						9-14+		
External rotation at 45° & 90°								
Bear hugs								
Statue of liberty								
Push up plus progression								
Progress to Power: 18+ wk + strength >80% contralateral: Full can, Abd, Belly press, ER@0, IR@0, QDASH <20%								
Muscular Power 3 x 6, 180s rest							15-20+	
Advanced closed chain stability								
PNF with resistance								
Decelerations & Plyometric ext rotation								

Progress to High Level: 24+ wks + strength >90% contralateral side (motions as above), CKCUEST >21 / 15s								
High Level Activities							15-20+	21+
Skiing								
Overhead & serving sports								
Throwing progression								

© Copyright 2019 Dr. Jon Godin / Howard Head Sports Medicine