

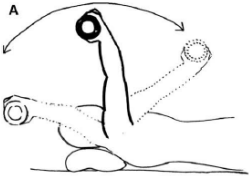


Inability to Lift arm Physical Therapy Protocol (Levy Protocol)

Instructions for Therapist

The patient should work with therapist 1-3 x per week until released by surgeon

Goals	<p>The main goals of this physical therapy program are to:</p> <ol style="list-style-type: none"> 1) Have the patient regain the ability to lift their arm against gravity without pain or substitution by progressing the patients through a progression of active arm mobility from gravity minimized activities in supine to inclined to upright active arm motion. 2) Although full motion may not be achieved by all patients the goal is to increase active arm mobility to normalize activities of daily living
Ice	We encourage the use of the ice or the cryocuff to help control pain and inflammation if needed
Questions/Concerns	If you have questions or concerns, please contact the patient's physician, Carolyn Hettrich at (617)525-3427
Phase 1	<ul style="list-style-type: none"> • Perform exercises 5 times a day for 5-10 repetitions • Lie on back with head on pillow for comfort • Support or assist arm to straight up toward ceiling(90°) <ul style="list-style-type: none"> ○ elbow flexed is sometimes easier • Hold arm by itself and gradually elevate toward head and lower toward feet with ability to return to straight up, progress 1 inch at a time, to gain control of arm <ul style="list-style-type: none"> ○ Start using opposite hand, as you gain confidence <div data-bbox="332 1281 646 1501" data-label="Image"> </div> <ul style="list-style-type: none"> ○ Progress to performing motion without opposite hand through arc of motion (Therapist hands) <div data-bbox="311 1646 613 1875" data-label="Image"> </div>

Phase 2	<ul style="list-style-type: none"> • Perform exercises 5 times a day for 5-10 repetitions • Lie on back with head on pillow for comfort • Hold a can of soup in hand (dumbbell) with arm straight up to ceiling • Move arm through arc of motion with resistance start with 2 inch up and down but gradually increasing the arc as your strength increases  <ul style="list-style-type: none"> • In some patients squeezing a ball between hands (subscapularis activation) or pulling light elastic resistance apart (infraspinatus activation) will overcome sticking points in the arc of motion
Phase 3	<ul style="list-style-type: none"> • Perform exercises 5 times a day for 5-10 repetitions • Lie on a wedge at 30° incline (approximately 2 pillows) • Move arm up and down through arc of motion <ul style="list-style-type: none"> ○ Opposite hand supporting ○ No assistance from opposite hand ○ With a soup can through an increasing arc of motion
Phase 4	<ul style="list-style-type: none"> • Perform exercises 5 times a day for 5-10 repetitions • Lie on a wedge at 60° incline (approximately 2 pillows against headboard or wall) • Move arm up and down through arc of motion <ul style="list-style-type: none"> ○ Opposite hand supporting ○ No assistance from opposite hand ○ With a soup can through an increasing arc of motion
Phase 5	<ul style="list-style-type: none"> • Perform exercises 5 times a day for 5-10 repetitions • In standing or sitting upright • Move arm up and down through arc of motion <ul style="list-style-type: none"> ○ Opposite hand supporting ○ No assistance from opposite hand ○ With a soup can through an increasing arc of motion