

Upper Extremity Functional Progression

Sept 2019

Once you have finished the appropriate phases of rehabilitation, you will now need to prepare yourself for a safe and complete return to your prior level of fitness. This functional progression is an ordered sequence of activities which will test your abilities (motion, strength, stability, endurance, etc.) to ensure you have the skills necessary for safe and effective return to athletic and or work endeavors.

If you can do these exercises without pain or instability you may then proceed to the next category. It is very important that you perform each exercise correctly, without pain or apprehension. Once you have successfully completed each step of the functional progression you may then attempt to return to your activity according to the guidelines set forth by your medical team (MD, PT/OT, ATC). If you have a brace, you should wear it during this exercise progression.

Special attention is paid to discriminating ratios between dominant and non-dominant arms when considering end range of motion as well as strength/stability.

PHYSICAL EXAM

<u>Criteria</u>	<u>Goal</u>	<u>Score</u>	<u>Comments</u>
Motion	full and equal P & AROM in all planes	3 2 1 0	_____
Strength	5/5 MMT in all planes	3 2 1 0	_____
Orthopedic	neg exam: pain, apprehension and instability	3 2 1 0	_____

STRENGTH / STABILITY

<u>Exercise</u>	<u>Goal</u>	<u>Score</u>	<u>Comments</u>
Seated press-ups	5	3 2 1 0	_____
Push-up	10	3 2 1 0	_____
BOSU	30s hold & 10 tilts	3 2 1 0	_____
FITTER	5 sag & 5 lat	3 2 1 0	_____
Farmers carry/overhead (alt)	20yds with 10+40 / 20+70lbs.	3 2 1 0	_____
Hand-stand/weight-hold	30s or 20/45lbs	3 2 1 0	_____

TESTING

<u>Test</u>	<u>Goal</u>	<u>Score</u>	<u>Comments</u>
Grip dynamometer	50%-67% of BW	3 2 1 0	_____
Cybex			
Sh. ER/IR at 90-90	75%/N, 90% ND/D, 67% ER/IR	3 2 1 0	_____
CKC UE Stability Test	21/23 in 15 sec	3 2 1 0	_____

IMPACT / AGILITIES

<u>Activity</u>	<u>Goal</u>	<u>Score</u>	<u>Comments</u>
Jumping Jacks	5	3 2 1 0	_____
Arm circles/whips (cw, ccw)	5 each	3 2 1 0	_____
Clap push-ups	3	3 2 1 0	_____
Burpees	5	3 2 1 0	_____
Bear crawl	10 yds.	3 2 1 0	_____
Crab walk, forward/backward	5 yds. each	3 2 1 0	_____
Posting spin (cw, ccw)	5 each	3 2 1 0	_____
Sports (position) specific drills		3 2 1 0	_____

DESCRIPTIONS

CYBEX Isokinetic Strength Test

Shoulder

IR/ER – supine at 90-90

6 reps at 180/sec

6 reps at 240/sec

20 reps at 300/sec

Involved to non-involved ratio of 75%

ER to IR ratio of 67%

Dominant to non-dominant ratio of 110% (90% for ND/D)

Body weight ratio in the “teens” = 13% - 20%

Elbow

F/E

S/P

BOSU ball

30 sec forward lean hold followed by 10 lateral tilts touching knuckles to floor with core control

FITTER

5 sagittal plane slides (up & down)

5 frontal plane slides (side-to-side)

Farmers carry / Overhead weight hold (alternate arms)

Female - 10lbs / 40 lbs

Male – 20lbs / 70 lbs

Overhead weight hold isometric

Female – 20lbs

Male – 45 lbs