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## **Physical Therapy following Humeral Head Osteochondral Allograft**

The following is a basic framework from which to work during rehabilitation following humeral head osteochondral allograft. Physical therapists may employ specific exercises at their discretion within these guidelines. We encourage patients and therapists to communicate with Dr. Brusalis and his staff with any questions.

Please provide with a home exercise program to be perform throughout rehabilitation.

<b>Phase</b>	<b>Timeframe</b>	<b>Guidelines</b>
<b>I</b>	0 - 4 weeks	<ul style="list-style-type: none"> <li>• Sling immobilization for 4 weeks</li> <li>• Elbow, wrist, and hand ROM</li> <li>• Grip strengthening</li> </ul>
<b>II</b>	4 – 6 weeks	<ul style="list-style-type: none"> <li>• Begin passive and then active-assisted ROM:                FF: 90°                ER at the side: 40°                Abduction (no rotation): 75°</li> <li>• Avoid internal rotation</li> </ul>
<b>III</b>	6 - 12 weeks	<ul style="list-style-type: none"> <li>• Continue PROM → AAROM → AROM</li> <li>• Begin mild internal rotation strengthening and resisted external rotation, forward flexion, and abduction exercises</li> </ul>
<b>IV</b>	3 months +	<ul style="list-style-type: none"> <li>• Begin resisted internal rotation</li> <li>• Advance extension exercises and strength training as tolerated</li> <li>• Anticipated return to full activities at 5-6 months</li> </ul>

### **Reference:**

Kaiser JT, Wagner KR, Menendez ME, Meeker ZD, Damodar D, Haunschild ED, Condon NB, Romeo AA, Yanke AB, Cole BJ. Long-term outcomes after osteochondral allograft transplantation to the humeral head. J Shoulder Elbow Surg. 2023 May 26:S1058-2746(23)00390-7. doi: 10.1016/j.jse.2023.04.013. Epub ahead of print. PMID: 37245618.