WEIGHT LIFTING PROGRESSION

SHOULDER SUBLUXATION/DISLOCATION/POST BANKART OR CAPSULAR SHIFT SURGERY (OPERATIVE)

A. CONTRAINDICATED EXERCISES (ILLUSTRATED BELOW)
   - Overhead or military press, dumbbell press,
   - Behind the neck lat pull down, pullovers, shrugs
   - Seated overhead tricep extensions, French Curls, inclined bench press

DO NOT DO:

<table>
<thead>
<tr>
<th>Exercise</th>
</tr>
</thead>
<tbody>
<tr>
<td>Military Press</td>
</tr>
<tr>
<td>Dumbbell Press</td>
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<tr>
<td>Behind the neck Lat Pulldown</td>
</tr>
<tr>
<td>Pullovers</td>
</tr>
<tr>
<td>Shrugs</td>
</tr>
<tr>
<td>Seated Overhead Tricep Ext</td>
</tr>
<tr>
<td>French Curls</td>
</tr>
<tr>
<td>Incline Bench Press</td>
</tr>
</tbody>
</table>
B. **SUBSTITUTION CORE EXERCISES (ILLUSTRATED BELOW)**
- Scapular Protraction on Smith Machine or Universal
- Straight Arm Lat Pull down
- Tricep Extension Progression
- Wide Grip Rows

<table>
<thead>
<tr>
<th>Scapular Protraction</th>
<th>Straight Arm Lat Pull Down</th>
<th>Tricep Ext</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tbody>
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<table>
<thead>
<tr>
<th>Wide Grip Rows</th>
<th>Leg Press</th>
<th>Lunges</th>
</tr>
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<tbody>
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</tbody>
</table>

**Accessory Exercises**

<table>
<thead>
<tr>
<th>Rear Delt Raises</th>
<th>Concentration Curls</th>
<th>Dumbbell Tricep Ext</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Scapular Depression</th>
<th>Deltoid Raises</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Calculating 1 Rep Maximums

1. Select a weight that can be completed with proper form 6 to 10 times for a given exercise.
2. Perform the exercise with the selected weight and record the number of performed repetitions (the last repetition should be challenging but within good form).
3. On the 3% rule chart pictured below, find the number of repetitions performed in the max reps row. Scroll down inside the chart and find the weight closest to the weight you performed for the given exercise (the exact weight may not be available).
4. Your estimated 1 rep maximum for that given exercise is the load associated with the 100% 1RM column of that same row.
5. Multiply the estimated 1 rep maximum by the percentage for the designated step to determine the prescribed weight for the given exercise.

**EXAMPLE:** Bench Press - performed 6 repetitions at 120 lbs

Approximated 1 rep max = 140 lbs

65% 1 RM for Bench Press (140 x 0.65) = 91 lbs
SHOULDER SUBLUXATION/DISLOCATION/POST BANKART OR CAPSULAR SHIFT SURGERY (OPERATIVE)

Phase I – Substitution Exercises

Goals Phase I: Prepare the upper extremity for more intense strength training

Time Frame – 8 weeks or per MD orders (lift 2-3 times a week with 1-2 days rest between sessions, follow soreness rules on page 17)

<table>
<thead>
<tr>
<th>Step 1</th>
<th>Accessory Exercises (Step 1-5)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Core Exercises</strong></td>
<td>Rear Deltoid Raises</td>
</tr>
<tr>
<td><strong>Scapular Protraction</strong></td>
<td>Concentration Curls</td>
</tr>
<tr>
<td>Receive the bar in a normal bench press position (hands slightly less than shoulder width apart) with the elbows locked. Push the bar straight up using the shoulder and chest and round the shoulders (no bending elbows or wrists). Movement range is small. Alternate an overhand (palms turned downward) grip with an underhand grip (palms turned upward) every other set.</td>
<td>Front Raises</td>
</tr>
<tr>
<td><strong>Straight Arm Lat Pulldown</strong></td>
<td>Lateral Raises</td>
</tr>
<tr>
<td>Assume normal front lat pulldown position. Take shoulder width grip in underhand position (palms facing upward). Lean back to a comfortable position. Lock elbows and wrists. Squeeze shoulder blades together and pull bar down with just upper back muscles. Elbows and wrists remain locked.</td>
<td><strong>Program Design</strong> - 3 sets x 8 reps</td>
</tr>
<tr>
<td><strong>Tricep Extension with Lat Pull Down Bar</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Wide Grip Rows</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Leg Press or lunges</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Program Design</strong> - 3 sets x 10 reps at 60% (2 days rest following each workout)</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Step 2</th>
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<tbody>
<tr>
<td><strong>Same exercises as previous step</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Program Design</strong> - 4 sets x 10 reps at 60%</td>
<td></td>
</tr>
<tr>
<td>Step 3</td>
<td>Same exercises as previous step</td>
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<tr>
<td>-------</td>
<td>--------------------------------</td>
</tr>
<tr>
<td></td>
<td><strong>Program Design</strong>: 5 sets x 10 reps at 60%</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Step 4</th>
<th>Same exercises as previous step</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>-addition of Tricep Extensions with dumbbell to core exercises</td>
</tr>
<tr>
<td></td>
<td><strong>Program Design</strong>: 4 sets x 10 reps at 65%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Step 5</th>
<th>Same exercises as previous step</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><strong>Program Design</strong>: 5 sets x 10 reps at 65%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Step 6</th>
<th>Core Exercises</th>
<th>Accessory Exercises (Steps 6-7)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Scapular Protraction</td>
<td>Rear Deltoid Raises</td>
</tr>
<tr>
<td></td>
<td>Straight Arm Lat Pulldown</td>
<td>Front and Lateral Raises</td>
</tr>
<tr>
<td></td>
<td>Supine Tricep Extensions (Nose breakers)</td>
<td>Tricep Extensions with dumbbell</td>
</tr>
<tr>
<td></td>
<td>Tricep Extension with Lat Pull Down Bar</td>
<td>Concentration Curls</td>
</tr>
<tr>
<td></td>
<td>Wide Grip Rows</td>
<td><strong>Program Design</strong>: 3 sets x 8 reps</td>
</tr>
<tr>
<td></td>
<td>Leg Press or lunges</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Program Design</strong>: 4 sets x 10 reps at 70%</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Step 7</th>
<th>Same as previous step</th>
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</thead>
<tbody>
<tr>
<td></td>
<td><strong>Program Design</strong>: 5 sets x 10 reps at 70%</td>
</tr>
</tbody>
</table>
**Step 8**

**Core Exercises**
- Scapular Protraction
- Straight Arm Lat Pulldown
- Supine Tricep Extensions (Nose breakers)
- Tricep Extension with Lat Pull Down Bar
- Wide Grip Rows
- Leg Press or lunges

**Accessory Exercises**
- Rear Deltoid Raises
- Front and Lateral Raises
- Tricep Extensions with dumbbell
- Concentration Curls
- Scapular Depression

**Program Design** - 5 sets x 8 reps at 75%

**SHOULDER SUBLUXATION/DISLOCATION/POST BANKART OR CAPSULAR SHIFT SURGERY (OPERATIVE)**

**Phase II – Exercises (following completion of phase I)**

**Goals Phase II:** Full ROM Bench Press, Lat Pull Down

**Time Frame** – 2.5 to 5 weeks (follow soreness rules on page 17, advance up to 2 steps/week)

**Accessory Exercises - Phase II**

<table>
<thead>
<tr>
<th>Straight Arm Lat Pulldown</th>
<th>Seated and Widegrip Rows</th>
</tr>
</thead>
</table>
Deltoid Raises

Triceps Ext

Preacher Curls
### Step 9

#### Core Exercises

**Bench Press Shrugs**
Receive the bar in a normal bench press position (hands slightly less than shoulder width apart) with the elbows locked. Push the bar straight up using the shoulder and chest and round the shoulders **(no bending elbows or wrists)**. Movement range is small. Alternate an overhand (palms turned downward) grip with an underhand grip (palms turned upward) every other set.

**Lat Pull Down Shrugs with underhand grip**
Assume normal front lat pulldown position. Take shoulder width grip in underhand position (palms facing upward). Lean back to a comfortable position. Lock elbows and wrists. Squeeze shoulder blades together and pull bar down with just upper back muscles. Elbows and wrists remain locked.

**Back Squat**
Front squat, modified center of gravity bar or stingray

**Shoulder Press Isometrics**
Using a squat rack or Smith Machine, lock bar in front shoulder press position in place so elbows are below shoulder level and perform isometric contractions (30 times contract 5 seconds). Move bar up so elbows are even with shoulders and perform isometric contractions (30 times contract 5 seconds).

**Program Design**: 3 sets x 10 reps at 65% (1-2 days rest between workouts; follow soreness rules on page 17)

#### Accessory Exercises

- Straight Arm Lat Pulldown
- Seated Rows
- Tricep Extensions with lat pull down machine
- Lateral and Front Deltoid Raises
- Preacher Curls

**Program Design**: 3 sets x 8 reps
## Step 10

### Core Exercises

**Partial Bench Press with underhand grip**  
*(Always warm up with straight arm bench press)*

Place a 6 inch towel roll under T shirt before assuming normal bench press position. Assume a underhand grip (palms turned upward) with hands slightly less than shoulder width apart. The bar is lowered until it touches the towel then pressed to the starting position.

**Lat Pull Down Shrugs with overhand grip**

Assume normal front lat pulldown position. Take shoulder width grip in overhand position (palms facing downward). Lean back to a comfortable position. Lock elbows and wrists. Squeeze shoulder blades together and pull bar down with just upper back muscles. Elbows and wrists remain locked.

**Back Squat**

Front squat, modified center of gravity bar or stingray

**Shoulder Press – Functional Isometrics at 60 and 90 degrees**

Using a squat rack or Smith Machine, lock bar in front shoulder press position in place so elbows are below shoulder level and perform isometric contractions (30 times contract 5 seconds). Move bar up so elbows are even with shoulders and perform isometric contractions (30 times contract 5 seconds).

**Program Design**

- 4 sets x 10 reps at 65

### Accessory Exercises

- Straight Arm Lat Pulldown
- Seated Rows
- Tricep Extensions with lat pull down machine
- Lateral and Front Deltoid Raises
- Preacher Curls

**Program Design**

- 3 sets x 8 reps
Step 11

Core Exercises

Bench Press – Partial Bench Press using normal grip
(Always warm up with straight arm bench press)
Place a 6 inch towel roll under T shirt before assuming normal bench press position. Assume an overhand grip (normal grip) with hands slightly less than shoulder width apart. The bar is lowered until it touches the towel then pressed to the starting position.

Partial Lat Pull Down with underhand grip
Place a 6 inch towel roll under T shirt before assuming normal lat pulldown position. Assume an underhand grip (palms turned upward) with hands slightly less than shoulder width apart. Lean back to a comfortable position. Initiate movement by squeezing shoulder blades together then pull bar down until it touches the towel roll. Return to starting position.

Back Squat
Front squat, modified center of gravity bar or stingray

Shoulder Press – Functional Isometrics at 60, 90 and 120 degrees
Using a squat rack or Smith Machine, lock bar in front shoulder press position in place so elbows are below shoulder level and perform isometric contractions (30 times contract 5 seconds). Move bar up so elbows are even with shoulders and perform isometric contractions (30 times contract 5 seconds).

Program Design: 5 sets x 10 reps at 65%

Accessory Exercises

Straight Arm Lat Pulldown
Seated Rows
Tricep Extensions with lat pull down machine
Lateral and Front Deltoid Raises
Preacher Curls

Program Design: 3 sets x 8 reps
### Step 12

**Core Exercises**

**Bench Press – Full Bench Press using underhand grip**

(Always warm up with straight arm bench press)

Assume an underhand grip (palms turned upward) with hands slightly less than shoulder width apart. Complete full bench press using an underhand grip. Concentrate on keeping arms close to the sides.

**Partial Lat Pulldown with overhand grip**

Place a 6 inch towel roll under T shirt before assuming normal lat pulldown position. Assume an overhand grip (palms turned downward) with hands slightly less than shoulder width apart. Lean back to a comfortable position. Initiate movement by squeezing shoulder blades together then pull bar down until it touches the towel roll. Return to starting position.

**Back Squat**

Front squat, modified center of gravity bar or stingray

**Shoulder Press – Functional Isometrics at 60, 90 and 120 degrees**

Using a squat rack or Smith Machine, lock bar in front shoulder press position in place so elbows are below shoulder level and perform isometric contractions (30 times contract 5 seconds). Move bar up so elbows are even with shoulders and perform isometric contractions (30 times contract 5 seconds).

**Program Design** - 4 sets x 10 reps at 70%

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**Accessory Exercises**

- Straight Arm Lat Pulldown
- Seated Rows
- Tricep Extensions with lat pull down machine
- Lateral and Front Deltoid Raises
- Preacher Curls

**Program Design** - 3 sets x 8 reps

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### Step 13

#### Core Exercises

**Bench Press – Full Bench Press with normal grip**

*(Always warm up with straight arm bench press)*

Assume a normal grip with hands slightly less than shoulder width apart. Complete full bench press using an overhand grip. Concentrate on keeping arms close to the side. Do not allow weight to bounce off chest.

**Lat Pull Down**

Assume normal lat pulldown position. Assume an overhand grip (palms turned downward) with hands slightly less than shoulder width apart. Lean back to a comfortable position. Initiate movement by squeezing shoulder blades together then pull bar down until it touches your chest. Return to starting position.

**Back Squat**

Front squat, modified center of gravity bar or stingray

**Shoulder Press – Functional Isometrics at 60, 90 and 120 degrees**

Using a squat rack or Smith Machine, lock bar in front shoulder press position in place so elbows are below shoulder level and perform isometric contractions (30 times contract 5 seconds). Move bar up so elbows are even with shoulders and perform isometric contractions (30 times contract 5 seconds).

**Program Design:** 5 sets x 10 reps at 70%

#### Accessory Exercises

**Straight Arm Lat Pulldown**

**Seated Rows**

**Tricep Extensions with lat pull down machine**

**Lateral and Front Deltoid Raises**

**Preacher Curls**

**Program Design:** 3 sets x 8 reps
SHOULDER SUBLUXATION/DISLOCATION/POST BANKART OR CAPSULAR SHIFT SURGERY
(OPERATIVE)
Phase III – Exercises (following phase II)

Goals Phase III: Full ROM Power Clean
Time Frame – 2 to 4 weeks (1-2 steps/ week; follow soreness rules on page 17)

Step 14

Core Exercises
Standard Bench Press
Standard Lat Pull down

Power Shrug
Lift bar off a waist-level rack using a power clean grip. Lower the bar to mid thigh with the knees bent and shoulders slightly in front of the bar. Extend the legs and back, then shrug the bar with a quick powerful motion. The elbows remain straight throughout the movement.

Back Squat
Front squat, modified center of gravity bar or stingray

Partial Shoulder Press
Using a squat rack or Smith Machine place the bar in a starting position for the front shoulder press position. Press the bar from the starting position until equal with the top of the forehead. Return to starting position.

Program Design –
5 sets x 10 reps at 70% (H)
4 sets x10 reps x 60% (L)

(H) - Heavy Day with emphasis on increased repetitions and increase percentage of (1) repetition maximum.
(L) - Light Day with emphasis on decreased repetitions and decreased percentage of (1) repetition maximum. The rationale is to allow the muscle tissue to rest and recover for the next heavy session.

If the athlete lifts two days per week he/she should complete one heavy and one light day. If the athlete lifted three days per week, here is a sample alternate heavy /light schedule.

<table>
<thead>
<tr>
<th></th>
<th>Day 1</th>
<th>Day 3</th>
<th>Day 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 1</td>
<td>Heavy</td>
<td>Heavy</td>
<td>Light</td>
</tr>
<tr>
<td>Week 2</td>
<td>Light</td>
<td>Light</td>
<td>Heavy</td>
</tr>
</tbody>
</table>
### Accessory Exercises for Step 14

- **Straight Arm Lat Pulldown**
- **Seated Rows**
- **Tricep Extensions with lat pull down machine**
- **Lateral and Front Deltoid Raises**
- **Preacher Curls**

**Program Design:** 3 sets x 8 reps

### Step 15

#### Core Exercises

- **Standard Bench Press**
- **Standard Lat Pull down**
- **Power pull from the floor**
  
  Begin with the bar at mid shin level using a power clean grip. During the initial phase the bar is lifted from the floor and the athlete moves through a normal power clean motion finishing in an upright row position. **Do not** rack the bar. Mid shin level should be attained through the use of bumper plates or wooden practice plates.

- **Back Squat**
  
  Front squat, modified center of gravity bar or stingray

- **Partial Shoulder Press**
  
  Using a squat rack or Smith Machine place the bar in a starting position for the front shoulder press position. Press the bar from the starting position until equal with the top of the forehead. Return to starting position.

**Program Design:**

- 5 sets x 8 reps x 75% (H)
- 4 sets x 8 reps x 65% (L)

#### Accessory Exercises

- **Chest Flys**
- **Straight Arm Lat Pulldown**
- **Seated Rows**
- **Tricep Extensions with lat pull down machine**
- **Lateral and Front Deltoid Raises**
- **Preacher Curls**

**Program Design:** 3 sets x 8 reps
**Step 16**

### Core Exercises

<table>
<thead>
<tr>
<th>Standard Bench Press</th>
</tr>
</thead>
<tbody>
<tr>
<td>Standard Lat Pull down</td>
</tr>
<tr>
<td>Power pull from the floor</td>
</tr>
</tbody>
</table>

Begin with the bar at mid shin level using a power clean grip. During the initial phase the bar is lifted from the floor and the athlete moves through a normal power clean motion finishing in an upright row position. **Do not** rack the bar. Mid shin level should be attained through the use of bumper plates or wooden practice plates.

#### Back Squat

- Front squat, modified center of gravity
- Bar or stingray

#### Partial Shoulder Press

- Using a squat rack or Smith Machine place the bar in a starting position for the front shoulder press position. Press the bar from the starting position until equal with the top of the forehead. Return to starting position.

**Or Physician Approved Weight Training Machine** (as illustrated):

### Accessory Exercises

<table>
<thead>
<tr>
<th>Straight Arm Lat Pulldown</th>
</tr>
</thead>
<tbody>
<tr>
<td>Seated Rows</td>
</tr>
<tr>
<td>Tricep Extensions with lat pull down machine</td>
</tr>
<tr>
<td>Lateral and Front Deltoid Raises</td>
</tr>
<tr>
<td>Bicep Curls</td>
</tr>
</tbody>
</table>

**Program Design**

- 3 sets x 8 reps

### Program Design

| 4 sets x 6 reps at 80% (H) |
| 4 sets x 6 reps at 70% (L) |
### Step 17

#### Core Exercises

- **Standard Bench Press**
- **Standard Lat Pull down**
- **Power Clean from the floor**
  
  Resume normal power clean from the floor with emphasis on timing, bar path and proper rack position. Keep the bar close to the body and do not allow the bar to “crash” on the shoulders. In addition, the athlete should be taught to absorb the impact of the bar by bending the knees as the bar is racked on the shoulders. Athletes should drop the bar after each clean. Hands should be kept on the bar, but only to control the bar, not to decelerate it.

- **Back Squat**
  
  High bar squat, modified center of gravity bar or stingray

- **Standard Shoulder Press**
- **Incline Bench Press**

**Program Design**

4 sets x 5 reps at 85% (H)
3 sets x 5 reps at 75% (L)

#### Accessory Exercises

- **Straight Arm Lat Pulldown**
- **Seated Rows**
- **Tricep Extensions with lat pull down machine**
- **Lateral and Front Deltoid Raises**
- **Preacher Curls**

**Program Design** - 3 sets x 8 reps
# Soreness Rules

<table>
<thead>
<tr>
<th>Criterion</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Soreness during warm-up that continues</td>
<td>2 days off, drop down 1 step</td>
</tr>
<tr>
<td>2. Soreness during warm-up that goes away</td>
<td>Stay at step that led to soreness</td>
</tr>
<tr>
<td>3. Soreness during warm-up that goes away but redevelops during session</td>
<td>2 days off, drop down 1 step</td>
</tr>
<tr>
<td>4. Soreness the day after lifting (Not muscle soreness)</td>
<td>1 day off, do not advance program to the next step</td>
</tr>
<tr>
<td>5. No soreness</td>
<td>Advance 1 step per week or as instructed by healthcare professional</td>
</tr>
</tbody>
</table>