



**Phase I – Immediate Post Surgical Phase (Weeks 1-6):**

Goals:

- Maintain integrity of repair
- Gradually increase passive range of motion
- Diminish pain and inflammation
- Prevent muscular inhibition
- Independent with ADL's with modifications while maintaining the integrity of the repair.

Precautions:

- No active range of motion (AROM) of Shoulder
- Maintain arm in sling, remove only for exercise
- No lifting of objects
- No shoulder motion behind back
- No excessive stretching or sudden movements
- No supporting of body weight by hands
- Keep incision clean and dry

Criteria for progression to the next phase (II):

- Passive range of motion (PROM) Flexion to at least 90 degrees
- PROM ER in scapular plane to at least 45 degrees
- PROM Abduction to at least 90 degrees in the scapular plane

**DAY 1 TO 6:**

- Abduction brace / sling
- Sleep in brace / sling
- Passive ROM
  - Flexion to 90 degrees
  - Abduction to 90 degrees
  - ER/IR in scapular plane – IR to neutral only ER to 45 degrees
  - Finger, wrist, and elbow AROM
- Begin scapula musculature isometrics / sets; cervical ROM
- Shoulder pendulums
- Patient education: posture, joint protection, positioning, hygiene, etc.
- Cryotherapy for pain and inflammation
  - Day 1-2: as much as possible
  - Day 3-6: post activity, or for pain

### **DAY 7 TO 42:**

- Continue use of brace / sling full time until end of week 4
- Between weeks 4 and 6 may use brace / sling for comfort only
- Discontinue brace / sling at end of week 6
- Pendulum Exercises
- Continue passive ROM
  - Flexion
  - Abduction in the scapular plane
  - ER in scapular plane
  - IR in scapular plane to neutral only
- Continue Elbow, wrist, and finger AROM / resisted
- Cryotherapy as needed for pain control and inflammation

### **Phase II – Protection Phase (Week 6-10):**

#### Goals:

- Allow healing of soft tissue
- Do not overstress healing tissue
- Gradually restore full passive ROM (week 6-10)
- Decrease pain and inflammation

#### Precautions:

- No active range of motion (AROM) of Shoulder
- No reaching away from the body
- No lifting
- No supporting of body weight by hands and arms
- No excessive behind the back movements
- No sudden jerking motions

#### Criteria for progression to the next phase (III):

- Full PROM

### **WEEK 6-10:**

- Progressive passive ROM until approximately Full ROM at Week 10.
  - This ROM should be PAIN FREE
- Gentle Scapular/glenohumeral joint mobilization as indicated to regain full passive ROM
- Continue previous exercises in Phase I as needed
- Continue all precautions
- Initiate prone rowing to neutral arm position
- Continue cryotherapy as needed
- May use heat prior to ROM exercises
- May use pool (aquatherapy) for light ROM exercises
- Ice after exercise

### **WEEK 10-12:**

- Initiate active assisted range of motion (AAROM) flexion in supine position
- Begin rotator cuff isometrics

- Initiate active ROM exercises
  - Shoulder flexion scapular plane
  - Shoulder abduction

### **Phase III – Intermediate phase (week 12-14):**

#### Goals:

- Full AROM (week 12-14)
- Maintain Full PROM
- Dynamic Shoulder Stability
- Gradual restoration of shoulder strength, power, and endurance
- Optimize neuromuscular control
- Gradual return to functional activities

#### Precautions:

- No heavy lifting of objects (no heavier than 5 lbs.)
- No sudden lifting or pushing activities
- No sudden jerking motions

#### Criteria for progression to the next phase (IV):

- Able to tolerate the progression to low-level functional activities
- Demonstrates return of strength / dynamic shoulder stability
- Re-establish dynamic shoulder stability
- Demonstrates adequate strength and dynamic stability for progression to higher demanding work/sport specific activities.

### **WEEK 12:**

- Continue stretching and passive ROM (as needed)
- Dynamic stabilization exercises
- Initiate strengthening program
  - External rotation (ER)/Internal rotation (IR) with therabands/sport cord/tubing
  - ER Sidelying
  - Lateral Raises\*
  - Full Can in Scapular Plane\* (avoid empty can abduction exercises at all times)
  - Prone Rowing
  - Prone Horizontal Abduction
  - Prone Extension
  - Elbow Flexion
  - Elbow Extension

\*Patient must be able to elevate arm without shoulder or scapular hiking before initiating isotonics; if unable, continue glenohumeral joint exercises

### **WEEK 14:**

- Continue all exercise listed above
- Initiate light functional activities

### **WEEK 15:**

- Continue all exercise listed above
- Progress to fundamental shoulder exercises

#### **Phase IV – Advanced strengthening phase (week 16-22):**

Goals:

- Maintain full non-painful active ROM
- Advance conditioning exercises for Enhanced functional use of UE
- Improve muscular strength, power, and endurance
- Gradual return to full functional activities

#### **WEEK 16:**

- Continue ROM and self-capsular stretching for ROM maintenance
- Continue progression of strengthening
- Advance proprioceptive, neuromuscular activities

#### **WEEK 20:**

- Continue all exercises listed above
- Continue to perform ROM stretching, if motion is not complete

#### **Phase V – Return to activity phase (week 20-26):**

Goals:

- Gradual return to strenuous work activities
- Gradual return to recreational activities
- Gradual return to sport activities

#### **WEEK 23:**

- Continue strengthening and stretching
- Continue stretching, if motion is tight

#### **WEEK 26:**

- May initiate interval sport program (i.e. golf, etc.), if appropriate