

**Precautions:**

- Control/Protect excessive motion
- Protect arm during sleeping
- Control horizontal adduction motion
- No biceps, pectoral strengthening for 8 weeks

I. **Phase I – Immediate Postoperative Phase “Restrictive Motion” (Day 1 to Week 6)**

**Goals:** Protect the anatomic repair  
Prevent negative effects of immobilization (stiffness)  
Promote dynamic stability  
Diminish pain and inflammation

**Week 0-2:**

- Small abduction/ neutral rotation brace (ultrasling)
- Sleep in brace for 6 weeks
- Elbow/hand ROM
- Hand gripping exercises
- Passive and gentle active assistive ROM exercise
  - Flexion to 60 degrees (Week 2: Flexion to 75 degrees)
  - Elevation in scapular plane to 60 degrees
  - ER/IR with arm in scapular plane
  - ER to 10-15 degrees
  - IR to 10-15 degrees
- \*\*NO active ER or Extension or Abduction
- Submaximal isometrics for shoulder musculature
- NO isolated Biceps Contractions
- Cryotherapy, modalities as indicated

**Week 2**

- Scaoular neuromuscular control drills w/ manual resistance (seated)
- Rhythmic stabilization ER/IR muti-angle
- Scapular isometrics

**Week 3-4:**

- Discontinue use of brace at 4 weeks
- Sleep in immobilizer until Week 4
- Continue gentle ROM exercises (PROM and AAROM)
  - Flexion to 90 degrees
  - Abduction to 75-85 degrees
  - ER in scapular plane and 35° abd to 25-30 degrees
  - IR in scapular plane and 35° abd to 15-25 degrees
- \*\*NOTE: Rate of progression based on evaluation of the patient.
- No active ER, Extension or Elevation
- Initiate rhythmic stabilization drills
- Initiate proprioception training
- Tubing ER/IR at 0 degrees Abduction
- Continue isometrics
- Continue use of cryotherapy

**Week 5-6:**

- Gradually improve ROM
  - Flexion to 145 degrees
  - ER at 45 degrees abduction: 45-50 degrees
  - ER at 45 degrees abduction: 55-60 degrees
  - IR at 45 degrees abduction 25-30 degrees
  - At 6 weeks begin light and gradual ER at 90° abduction – progress to 30-40° ER
- May initiate stretching exercises
  - May initiate light (easy) ROM at 90 degrees Abduction
  - Continue tubing ER/IR (arm at side)
  - PNF manual resistance
  - Initiate Active Shoulder Abduction (without resistance)
  - Initiate “Full Can” Exercise (Weight of Arm)
  - Prone rowing at 30-45 degrees Abduction
  - Initiate Prone Rowing, Prone Horizontal Abduction at 90 degrees abduction
  - NO Biceps Strengthening

**II. Phase II – Intermediate Phase: Moderate Protection Phase (Week 7-14)**

Goals: Gradually restore full PROM (week 10)  
 Preserve the integrity of the surgical repair  
 Restore muscular strength and balance

**Week 7-9:**

- Gradually progress ROM:
  - Flexion to 180 degrees
    - ER at 90 degrees abduction: 90-95 degrees
    - IR at 90 degrees abduction: 30-45 degrees
  - Continue to progress isotonic strengthening program
  - Continue neuromuscular control drills (RS, NM, etc.)
  - Initiate Throwers Ten Program
  - Initiate light biceps curls at week 8
  - Initiate triceps pushdowns at week 9

**Week 10-12:**

- May initiate slightly more aggressive strengthening
- Progress ER to Throwers Motion
  - ER at 90 degrees abduction: 110-115 in throwers (Week 10-12)
- Progress isotonic strengthening exercises
- Continue all stretching exercises
  - \*\*Progress ROM to functional demands (i.e. overhead athlete)
- Continue all strengthening exercises
- Light bench press week 12 (on machine)

**III. Phase III – Minimal Protection Phase (Week 14-20)**

Goals: Establish and maintain full ROM  
 Improve muscular strength, power and endurance  
 Gradually initiate functional activities

***Criteria to enter Phase III:***

- 1) Full non-painful ROM
- 2) Satisfactory stability
- 3) Muscular strength (good grade or better)
- 4) No pain or tenderness

**Week 14-16:**

- Continue all stretching exercises (capsular stretches)
- Maintain Throwers Motion (Especially ER)
- Continue strengthening exercises:
  - Throwers Ten Program or Fundamental Exercises
  - Endurance training
  - Initiate light plyometric program
  - Restricted sport activities (light swimming, half golf swings)

**Week 16-20:**

- Continue all exercise listed above
- Continue all stretching
- Continue Throwers Ten Program
- Continue Plyometric Program
- Initiate interval sport program (throwing, etc)
  - \*\*See interval Throwing Program
- Initiate PNF D2 flexion/extension week 16
- Initiate non-contact sports

**IV. Phase IV – Advanced Strengthening Phase (Week 20-26)**

**Goals:** Enhanced muscular strength, power and endurance  
 Progress functional activities  
 Maintain shoulder mobility

***Criteria to enter Phase IV:***

- 1) Full non-painful ROM
- 2) Satisfactory static stability
- 3) Muscular strength 75-80% of contralateral side
- 4) No pain or tenderness

**Week 20-26:**

- Continue flexibility exercises
  - Continue isotonic strengthening program
  - PNF manual resistance patterns
  - Plyometric strengthening
  - Progress interval sport programs
- \*\* May progress to contact sports (week 20) by physician's determination  
 \*\* Collision sports (week 26)

**V. Phase V – Return to Activity Phase (Month 6 to 9)**

**Goals:** Gradual return to sport activities  
 Maintain strength, mobility and stability

**Criteria to enter Phase V:**

- 1) Full functional ROM
- 2) Muscular performance isokinetic (fulfills criteria)
- 3) Satisfactory shoulder stability
- 4) No pain or tenderness

**Exercises:**

- Gradually progress sport activities to unrestrictive participation
- Continue stretching and strengthening program