

Week 0-2:

- Sling at all times
- Home exercises including pendulums, elbow ROM, wrist ROM, grip strengthening

Weeks 2-4:

- Sling at all times
- No IR up the back, No ER behind the head
- No resisted FF or biceps until 6 weeks post-op!
- ROM Goals: 90 degrees FF, 20 degrees ER at side

Weeks 4-8:

- Discontinue Sling
- Increase AROM 140 degrees FF, 40 degrees ER at side, 60 degrees ABD/IR behind back to waist
- Strengthening: Isometrics/light therabands within AROM limitations. Also start strengthening scapular stabilizers including traps/rhomboids/lev. scap, etc.
- Modalities prn

Weeks 8-12:

- If ROM lacking, increase to full with gentle passive stretching at end ranges
- Advance strengthening as tolerated: isometrics → bands → light weights

Months 3-12:

- Strengthening max 3x/week
- Begin UE ergometer
- Begin eccentrically resisted motions, plyometrics (ex weighted ball toss), proprioception (ex body blade), and closed chain exercises
- Begin sports related rehab including advanced conditioning
- Return to throwing at 4.5 months



RAHMAN KANDIL, MD

Board Certified, Fellowship-Trained Orthopedic Surgeon
Shoulder and Knee Specialist

www.rahmankandilmd.com



THE ORTHOPEDIC GROUP

(703) 665-2720