

**Phase 1: Post-operative 0-14 days:**

Goals

- Reduction of inflammation and pain
- Protect fixation

Weight bearing status and sling use

- Non-weight bearing in sling at all times
- Sling at all times including sleeping, except when showering/bathing

Therapeutic exercises

- Cryotherapy as needed
- Patient to do home exercises given post-op
  - Gentle pendulums 2-3x/day
  - ROM elbow, wrist, hand 4-6x/day; grip strengthening

**Phase 2: Post-operative weeks 2-6**

Goals

- Decrease/minimize pain and inflammation
- Protect fixation
- Increase ROM within safe parameters

Weight bearing status

- Non-weight bearing in sling at all times
- Sling at all times including sleeping, except when showering/bathing for 6 weeks

Therapeutic exercises

- Continue pendulums, ROM elbow, wrist, hand, grip strengthening
- Passive external rotation limit 30° (supine, roll towel under elbow)
- Passive forward elevation limit 90° (supine, elbow bent at 90°, in scaption)
- Table slides at 14 days, hand resting on table, torso leaning forward, pain free
- Minimal to no pain during or after exercises (fatigue OK)
- Avoid:
  - No pulleys
  - No strengthening until 3 months post-op

**Phase 3: Post-operative weeks 6-12**

Goals

- Advance to full PROM, advance AAROM and AROM when full PROM achieved



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- Protect fixation

Weight bearing status

- Discontinue sling at 6 weeks post-op
- Non weight bearing at all times

Therapeutic exercises

- Advance to full PROM
- Increase AAROM, followed by AROM as tolerated

#### Phase 4: Post-operative months 3+

Goals

- Maintenance of full, pain free PROM and AROM
- Improve muscular strength, power, and endurance
- Gradual return to full functional activities

Weight bearing status

- Progressive weight bear as tolerated once cleared by physician and evidence of healing on Xrays

Therapeutic exercises

- Begin scapular exercises, passive resistance exercise for large muscle groups (pees, lats, etc)
- Isometrics with arm at side beginning at 12 weeks, progressing as tolerated
- Advance RTC strengthening as tolerated: isometrics -> bands -> light weights (1-5 pounds)
  - 8-12 reps / 2- 3 sets for rotator cuff, deltoid and scapular stabilizers)
  - Only do strengthening 3x/week to avoid rotator cuff tendonitis
- Begin eccentrically resisted motions, plyometrics (ex. weighted ball toss], etc
- Begin proprioception exercises—rhythmic stabilization, physioball balance exercises, etc.



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