

## Weeks 0-2:

- Sling at all times except should remove for pendulum exercises 3 times per day
- Non weight bearing. No lifting or using operative arm
- Isometric deltoid and IR/ER at neutral rotation
- Hand squeeze, elbow/wrist/finger AROM

## Weeks 2-4:

- Sling use when not performing exercises, otherwise wear at all times
- Pendulum exercises as above
- Isometric deltoid and IR/ER at neutral position
- PROM/AAROM 90 degrees max for weeks 2-4 (start supine)
- PROM /AAROM 120 degrees max for weeks 4-6 (start supine)
- No lifting
- Scapular retraction
- Elbow/forearm/ball squeeze exercises as tolerated
- Stationary bike for cardio

## Weeks 4-12:

- Discontinue sling and continue above exercises until goals met
- Progress to full AROM and weight bearing as tolerated
- Achieve full ROM prior to beginning strengthening
- Begin theraband strengthening IR/ER/FF/Ab when ROM full
- Scapular stabilizing exercises
- Begin light jog treadmill for cardio if desired

## Weeks 12+:

- Increase resistance to above strengthening exercises
- Progressive return to full activities
- Return to sport and weightlifting at minimum 4 months post-op, check with Dr. Kandil