

Week 0-2:

- Sling at all times except for exercises below
 - Home exercises including pendulums, elbow ROM, wrist ROM, grip strengthening
- Ice machine on as much as possible
- No lifting/pushing/pulling
- Keep dressings clean and dry. Do not remove

Weeks 2-4:

- Sling at all times except for exercises below
 - Home exercises including pendulums, elbow ROM, wrist ROM, grip strengthening
- Ice machine on as much as possible
- 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