PHASE I
Time frame: 0-3 weeks post-op
Type of motion allowed: Passive Range of Motion (PROM)
• Ice and modalities for pain and inflammation.
• Glenohumeral ER: work toward 60% of contralateral ER. Focus on glenohumeral motion, not simply gross shoulder motion.
• Glenohumeral ABD 0°-75°.
• Gross shoulder elevation (scaption) 0°-120°. No sagittal plane flexion stretch.
• No IR stretch (arm to stomach when elbow at side only).
• Pendulums/Codman’s.
• Sling for sleep and most activity. OK to remove for sedentary periods.
• OK to use hand cautiously for functional tasks such as typing.
• Postural work, upper trapezius relaxation, active scapular retraction and depression.
• Encourage a walking program, stationary bike, etc. for light cardio exercise and fighting “the blues.”
• Wrist/hand/elbow ROM.

PHASE II
Time frame: 3-6 weeks post-op
Type of motion allowed: Active Assisted Range of Motion (AAROM), Active Range of Motion (AROM)
• Glenohumeral ER: work toward full ER (OK to position between 0° and 60° ABD).
• Shoulder elevation (scaption) 0°–full.
• Internal rotation to 40° with arm at 90° abduction, no stretch.
• Begin active assisted elevation supine. When at least 150°, progress to upright active assisted elevation and supine active elevation. When supine active elevation is at least 150°, progress to upright active elevation.
• No sling needed beyond week 4. May use it for safety.
• Aquatic therapy AAROM-AROM.
• Submaximal isometrics when patient has active elevation to at least 85% contralateral side.
Goals at 6 weeks: Full ER and scaption, functional use of arm at side, minimal pain, good posture.

PHASE III
Time frame: 6+ weeks post-op
Type of motion allowed: Resistance
• OK to begin pure flexion and ABD stretches, ER stretch and IR stretch in full ABD (no aggressive IR stretch behind back until 10+ weeks).
• Isometrics.
• Begin gentle isotonic exercises week 8.
• Closed chain exercises such as wall pushups week 8.
• OK to run.
• Progressive resistance individualized to patient progress.
PHASE IV

Time frame: 3+ months post-op
Type of motion allowed: Return to lower demand sports. Develop progressive, sport-specific goals prior to full participation
• Golf (trailing arm may be ready to return before lead arm), fly fishing.

PHASE IV

Time frame: 5+ months post-op
Type of motion allowed: Return to sport
• Throwing, racquet sports, boating, skiing.
• Return to weightlifting.