

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 saggital 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.



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