

Phase I: Immediate Motion (0-8 weeks after surgery)

Goals: Allow early healing of capsule, increase PROM, decrease shoulder pain, retard muscular atrophy and prevent rotator cuff inhibition

Brace: Discontinue use of sling after 6-8 weeks post-operatively.

Weeks 0-2 Post-Operatively:

☐ **ROM**

- **Week 1:**
 - Flexion to 75 degrees
 - No External Rotation
 - Internal Rotation: 25-30 degrees

☐ **Exercises**

- Elbow/wrist/hand AROM
- PROM of shoulder, per guidelines above
- Pendulum exercises
- Initiate pulleys for flexion at post-op day 7
- Submaximal isometrics for shoulder musculature at post-op day 10
- Cryotherapy and modalities for pain and inflammation

Weeks 3-8 Post-Operatively:

☐ **ROM**

- **Week 3:**
 - Flexion up to 90-110 degrees
 - External Rotation up to 25 degrees
 - Internal Rotation up to 55-60 degrees
- **Week 6:**
 - Flexion to tolerance
 - External Rotation up to 60-70 degrees
 - Abduction up to 90 degrees
- **Week 8:**
 - Restore Full ROM

☐ **Exercises**

- Continue PROM per guidelines above
- Initiate AAROM exercises at week 6
- Continue submaximal isometrics
- Initiate rhythmic stabilization drills
- Continue cryotherapy for pain management

Phase II: Active Motion (9-14 weeks after surgery)

****Criteria to progress to Phase II: confirmation of tuberosity healing on x-ray.****

Goals: Improve dynamic stabilization and strength, improve ROM, decrease pain and inflammation, increase functional activities.

Weeks 9-14 Post-Operatively:

- ☐ **Gradually progress PROM**
- ☐ **Initiate AROM exercises**
 - Supine flexion
 - Side-lying external rotation/abduction
- ☐ **Initiate strengthening exercises**
 - External rotation/internal rotation tubing
 - Prone rows
 - Prone extensions
 - Biceps/triceps

Phase III: Return to Activity (15-26 weeks after surgery)

****Criteria to progress to Phase III: PROM in flexion to 160 degrees, external rotation to 75 degrees, and internal rotation to 60 degrees. Muscular strength of 4/5 or better. ****

Goals: Improve strength of shoulder musculature, neuromuscular control of shoulder complex, improve functional activities, teach independent home exercise program for strength maintenance.

Weeks 15-26 Post-Operatively:

- ☐ **Exercises**
 - Continue all stretching exercises
 - Continue exercises as listed above
 - Full can raises, lateral raises, tubing exercises
 - Fundamental exercises
 - Endurance training
 - Initiate interval sports program at week 20, if appropriate.