

Stage One (0 to 4 weeks)

Therapy

- Keep shoulder in sling
- May remove sling for dressing and hygiene
- May remove sling for tabletop activities within pain tolerance such as eating, brushing teeth, writing, and occasional keyboard use
- May also remove for exercises, showering (two weeks after surgery)

Exercises

- ROM elbow
- ROM shoulder as per table on following page
- Tennis ball for grip
- Co-contraction for biceps/triceps at 0 degrees, 30 degrees, 60 degrees, 90 degrees, 120 degrees
- Pendulum exercises

Stage Two (4 to 12 weeks)

Therapy

- Isometric exercises and wand program
- scapular stabilization exercises

Exercises

- Active range of motion (AROM)/ passive range of motion (PROM) for all shoulder motions (EXCEPT - No ER past 20 degrees until four to six weeks post-op; Full ER by 12 weeks; Progress as tolerated)
- IR/ER exercises at five weeks post-op against gravity - No Isometrics
- Home program: Overhead pulleys if needed and wand exercises

ROM Goals

WEEKS	Forward Flexion	External Rotation
0 to 2	90 degrees	10 degrees
2 to 4	110 degrees	15 degrees
4 to 6	130 degrees	20 degrees
6 to 8	160 degrees	45 degrees
8 to 12	Full ROM	Full**

** Prefer 5 degrees less than normal side

Strengthening Exercises

- Isometric exercises - start at four weeks post-op
- NO IR or adduction until six weeks post-op

Reps

7-10 times 10 seconds each - progress to 30 times 10 seconds (Pain-free only)

Isotonic exercises - start at six weeks post-op

Start against gravity only - progress as tolerated to:

- 4 oz. (butter knife)
- 8 oz. (tuna can)
- 1 lb. weight (soup can)
- 2 lb. weight etc.

Goals

Thrower/pitcher: five to eight percent body weight times 50 repetitions

General rehab candidate: one to three percent body weight times 25 repetitions

Stage Three (3 to 6 months)

- Overhead lifting/ traction activities as tolerated at four months
- Calisthenic exercises
- No pull-ups until four months post-op
- Throwing activity - start at four months post-op
- Follow function progression per IAM program
- Progress as tolerated
- Return to sport at four months post-op if PT goals have been met
- No dips until four months
- Full return to throwing at six months