

Precautions:

- Control/Protect excessive motion
- Protect arm during sleeping
- Control horizontal adduction motion
- No biceps, pectoral strengthening for 8 weeks

I. Phase I – Immediate Postoperative Phase “Restrictive Motion” (Day 1 to Week 6)

Goals: Protect the anatomic repair
Prevent negative effects of immobilization (stiffness)
Promote dynamic stability
Diminish pain and inflammation

Week 0-2:

- Small abduction/ neutral rotation brace (ultrasling)
- Sleep in brace for 6 weeks
- Elbow/hand ROM
- Hand gripping exercises
- Passive and gentle active assistive ROM exercise
 - Flexion to 60 degrees (Week 2: Flexion to 75 degrees)
 - Elevation in scapular plane to 60 degrees
 - ER/IR with arm in scapular plane
 - ER to 10-15 degrees
 - IR to 10-15 degrees
- **NO active ER or Extension or Abduction
- Submaximal isometrics for shoulder musculature
- NO isolated Biceps Contractions
- Cryotherapy, modalities as indicated

Week 2

- Scapular neuromuscular control drills w/ manual resistance (seated)
- Rhythmic stabilization ER/IR multi-angle
- Scapular isometrics

Week 3-4:

- Discontinue use of brace at 4 weeks
- Sleep in immobilizer until Week 4
- Continue gentle ROM exercises (PROM and AAROM)
 - Flexion to 90 degrees
 - Abduction to 75-85 degrees
 - ER in scapular plane and 35° abd to 25-30 degrees
 - IR in scapular plane and 35° abd to 15-25 degrees
- **NOTE: Rate of progression based on evaluation of the patient.
- No active ER, Extension or Elevation
- Initiate rhythmic stabilization drills
- Initiate proprioception training
- Tubing ER/IR at 0 degrees Abduction
- Continue isometrics
- Continue use of cryotherapy

Week 5-6:

- Gradually improve ROM
 - Flexion to 145 degrees
 - ER at 45 degrees abduction: 45-50 degrees
 - ER at 45 degrees abduction: 55-60 degrees
 - IR at 45 degrees abduction 25-30 degrees
 - At 6 weeks begin light and gradual ER at 90° abduction – progress to 30-40° ER
- May initiate stretching exercises

- May initiate light (easy) ROM at 90 degrees Abduction
- Continue tubing ER/IR (arm at side)
- PNF manual resistance
- Initiate Active Shoulder Abduction (without resistance)
- Initiate “Full Can” Exercise (Weight of Arm)
- Prone rowing at 30-45 degrees Abduction
- Initiate Prone Rowing, Prone Horizontal Abduction at 90 degrees abduction
- NO Biceps Strengthening

II. **Phase II – Intermediate Phase: Moderate Protection Phase (Week 7-14)**

Goals: Gradually restore full PROM (week 10)
 Preserve the integrity of the surgical repair
 Restore muscular strength and balance

Week 7-9:

- Gradually progress ROM:
- Flexion to 180 degrees
 - ER at 90 degrees abduction: 90-95 degrees
 - IR at 90 degrees abduction: 30-45 degrees
- Continue to progress isotonic strengthening program
- Continue neuromuscular control drills (RS, NM, etc.)
- Initiate Throwers Ten Program
- Initiate light biceps curls at week 8
- Initiate triceps pushdowns at week 9

Week 10-12:

- May initiate slightly more aggressive strengthening
- Progress ER to Throwers Motion
 - ER at 90 degrees abduction: 110-115 in throwers (Week 10-12)
- Progress isotonic strengthening exercises
- Continue all stretching exercises
- **Progress ROM to functional demands (i.e. overhead athlete)
- Continue all strengthening exercises
- Light bench press week 12 (on machine)

III. **Phase III – Minimal Protection Phase (Week 14-20)**

Goals: Establish and maintain full ROM
 Improve muscular strength, power and endurance
 Gradually initiate functional activities

Criteria to enter Phase III:

- 1) Full non-painful ROM
- 2) Satisfactory stability
- 3) Muscular strength (good grade or better)
- 4) No pain or tenderness

Week 14-16:

- Continue all stretching exercises (capsular stretches)
- Maintain Throwers Motion (Especially ER)
- Continue strengthening exercises:
 - Throwers Ten Program or Fundamental Exercises
 - Endurance training
 - Initiate light plyometric program
 - Restricted sport activities (light swimming, half golf swings)

Week 16-20:

- Continue all exercise listed above
- Continue all stretching
- Continue Throwers Ten Program
- Continue Plyometric Program
- Initiate interval sport program (throwing, etc)
- **See interval Throwing Program

- Initiate PNF D2 flexion/extension week 16
- Initiate non-contact sports

IV. Phase IV – Advanced Strengthening Phase (Week 20-26)

Goals: Enhanced muscular strength, power and endurance
Progress functional activities
Maintain shoulder mobility

Criteria to enter Phase IV:

- 1) Full non-painful ROM
- 2) Satisfactory static stability
- 3) Muscular strength 75-80% of contralateral side
- 4) No pain or tenderness

Week 20-26:

- Continue flexibility exercises
- Continue isotonic strengthening program
- PNF manual resistance patterns
- Plyometric strengthening
- Progress interval sport programs
- ** May progress to contact sports (week 20) by physician's determination
- ** Collision sports (week 26)

V. Phase V – Return to Activity Phase (Month 6 to 9)

Goals: Gradual return to sport activities
Maintain strength, mobility and stability

Criteria to enter Phase V:

- 1) Full functional ROM
- 2) Muscular performance isokinetic (fulfills criteria)
- 3) Satisfactory shoulder stability
- 4) No pain or tenderness

Exercises:

- Gradually progress sport activities to unrestricted participation
- Continue stretching and strengthening program