SLING FOR COMFORT ONLY – wean as tolerated

PHASE I Begin immediately post op; passive ROM; Pendulums to warm up
- Forward elevation
- External rotation
- Internal rotation

PHASE II Active range of motion with terminal stretch; pendulums to warm up
May move to phase II as pain permits
- Avoid impingement positions
- Scapular stabilization and postural training
- Isometrics rotator cuff strengthening begins when AROM near full
- Forward elevation
- External rotation
- Internal rotation

PHASE III Begin after 1st month postop; Resisted plus continue Phase II;
pendulums to warm up
- Resisted program/theraband
- Forward flexion
- External rotation, and internal rotation
- Shrugs/rows

POSTERIOR CAPSULAR STRETCHING AT ALL PHASES “SLEEPER STRETCH” EMPHASIZE POSTURE AND SCAPULAR RETRACION
CONTROL IN PHYSICAL THERAPY