GO SLOWLY!
ULTRASLING FOR 6 WEEKS Full time including sleep

PHASE I  Post op till 6 weeks
Strictly Passive range of motion (ROM)

- Pendulums to warm up, patient can do these independently as well
- Scapular isometrics in sling
- Begin Phase I in the supine position; Therapist assisted forward elevation for first four weeks
- Start internal rotation behind the back after 4\textsuperscript{th} week (POD #29), go slowly
- Stick assisted external rotation (ER)
- Active range of motion (AROM) elbow, wrist and hand

NO PULLEY UNTIL SECOND MONTH POSTOP, THEN BEGIN TO USE WITH THERAPIST INSTRUCTION

PHASE II  6-10 weeks post op
- AAROM with terminal stretch
- Continue scapular stabilization
- Wean from ultrasling
- Light Activity of Daily Living OK (No lifting over 1#)
- When phase II is initiated, return to supine for elevation, and progress to upright (lawn chair program)

PHASE III  10 weeks post op
Resisted plus continue Phase II

- Resisted program/Theraband
- Comprehensive RC and scap stabilizer strength
- NO overhead strengthening or impingement positions
- Go slowly and gently with abduction strength
- Late terminal stretch
FROM FOURTH MONTH POST OP FORWARD

WEIGHT TRAINING PROGRAM:

- High rep, low resistance training
- No long lever-arm exercises
- No impingement position
- Begin after week 14 when adequate progress with stiffest theraband

RETURN TO ACTIVITIES

<table>
<thead>
<tr>
<th>Activity</th>
<th>Time</th>
</tr>
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<tbody>
<tr>
<td>Ski</td>
<td>4-5 months</td>
</tr>
<tr>
<td>Golf</td>
<td>4-5 months</td>
</tr>
<tr>
<td>Tennis</td>
<td>6 months</td>
</tr>
<tr>
<td>Heavy Labor</td>
<td>6 months</td>
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