GO SLOWLY!
ULTRASLING FOR 8 WEEKS

**PHASE I**  Post op till 8 weeks

*Strictly Passive range of motion (ROM)*

**A. First Month**
- Passive Pendulums to warm up, patient can do these independently as well
- Scapular isometrics in sling
- AROM of elbow, wrist, and hand.

**B. Second Month**
- Continue pendulums to warm up
- Start internal rotation after 5th week (POD #42)
- Stick assisted external rotation (ER)
- Active range of motion (AROM) elbow, wrist and hand
- Therapist assisted PROM, Home pulleys ok

**PHASE II** Third post op month (Begin week 9)

*Active range of motion with terminal stretch*

- Continue scapular stabilization
- Wean from ultrasling
- Light Activity of Daily Living OK (Grooming, feeding) No lift greater than one pound
- When phase II is initiated, return to supine for elevation, and progress to upright (lawn chair program)

**PHASE III** Fourth month post op

*Resisted plus continue Phase II*

- Resisted program/Theraband- begin after 12 full weeks postop
- Comprehensive RC and scap stabilizer strength
- NO overhead strengthening or impingement positions
- Go slowly and gently with abduction strength
- Late terminal stretch

FROM FIFTH MONTH POST OP FORWARD

WEIGHT TRAINING PROGRAM:

- No long lever-arm exercises
- No abduction position exercises
- No impingement position
- Begin after week 14 when adequate progress with stiffest theraband

RETURN TO ACTIVITIES

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