Sling immobilizer for 4 weeks- including sleep

**PHASE I**  *Post op to 4 weeks*

- **Strictly** Passive range of motion (ROM); pendulums to warm up
- Scapular isometrics
- Begin Phase I in the supine position for elevation and external rotation, and progress to upright
- Start internal rotation behind back at post op day (POD) #29
- Elbow, wrist and hand active ROM
- Pulleys ok

**PHASE II**  *Begin Week 5 (POD #29)*

- Discontinue sling
- Active range of motion to full all planes. Avoid impingement positions
- Light activities of daily living ok (e.g. grooming, feeding)
- No lift greater than 1 pound with operative arm until 2 months PO
- When Phase II is initiated, return to supine for elevation and progress to upright
- Light terminal stretching
- Isometric strength *(except supraspinatus)* with arm at side: begin six weeks post op
- Scapular stabilization

**PHASE III**  *Begin after 8 weeks postop*

- Theraband resisted strengthening- 15 or more reps to fatigue to progress to next band; 3 sets BID minimum; Emphasize entire rotator cuff and scap stabilizers
- Light weights OK at least 10 wks post-op after progressing well with stiffest theraband
- Terminal Stretching

*Three months post op*
- Late terminal stretching
- Progressive strength training &/or work hardening
- All activity below shoulder level OK

**WEIGHT TRAINING PROGRAM**

No long lever-arm exercises
No impingement positions
No overhead strengthening until Fourth post op month

**RETURN TO ACTIVITIES**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ski</td>
<td>4 months</td>
</tr>
<tr>
<td>Golf</td>
<td>4 months/ chip and putt at 2-3 months</td>
</tr>
<tr>
<td>Tennis</td>
<td>4 months (except overhead serve)</td>
</tr>
<tr>
<td>Contact Sports</td>
<td>6 months</td>
</tr>
<tr>
<td>Heavy labor/lift</td>
<td>4 months</td>
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</tbody>
</table>