



Sling for comfort, discontinue as tolerated.
May advance rehabilitation as rapidly as motion and pain allow.

Phase 1 – PASSIVE

Pendulums to warm-up and passive ROM

Week 1

Elbow/wrist/hand AROM
Begin active scapular retraction/protraction exercises with therapist cueing
PROM and AAROM as tolerated
Supine External Rotation – Full
Supine Forward Elevation - Full
Supine Internal Rotation - Full

Phase 2 – ACTIVE

*Pendulums to warm-up
Active ROM with terminal stretch to prescribed limits*

Week 2

Supine → Seated Forward Elevation
Supine → Seated External Rotation
Internal Rotation

Phase 3 – RESISTED

Pendulums to warm up and continue with phase 2

Week 3

External and Internal Rotation
Standing forward punch
Seated Rows
Bear Hugs

Weight Training

Week 6

Light bicep curls/resisted supination gradually progressed to pre-morbid levels
Keep hands within eyesight, keep elbows bent
Minimize overhead activities
(No military press, pull-down behind head, or wide grip bench)

Return to Activities

Computer	1-2 weeks
Golf	4 weeks
Tennis	8 weeks
Contact Sports	4 months
Several months post-op	Late Terminal Stretching