

- Precautions
 - Patient is not to push up from chair or bed with the operative arm
 - No internal rotation behind the back (reaching for the back pocket or for tucking in the shirt)
 - No shoulder extension beyond neutral. “Need to see the elbow at all times”
 - No resistive internal rotation
- Immobilization
 - Patient to remain in sling at all times, except during therapy, changing clothes, or hygiene
- OT/PT Exercises
 - Shoulder
 - PASSIVE forward elevation as tolerated (less than 90) in the plane of scapula
 - PASSIVE external rotation to neutral and internal rotation to belly
 - ACTIVE scapular exercises (scapular elevation [shrugs], and retraction [scapular pinch])
 - NO: shoulder extension, active IR or active ER
 - Pendulum exercises
 - Elbow: active ROM as tolerated
 - Hand and wrist: active range of motion of hand and wrist
 - After discharge at home: patient is ok for AROM elbow and wrist. For shoulder: only pendulum ROM exercises and scapular exercises.
- Patient Education: Please educate the patient regarding
 - Sling use: coming in and out of the sling
 - Getting in and out of bed and chair without violating precautions and without pushing up with operative extremity
 - Gait training
 - Performing ADL