

PHASE I (Weeks 0 – 2):

- **Slings:** use for first 10-14 for comfort. Ok to remove as tolerated.
- **No lifting, pushing, or pulling with operative arm.**

PHASE II (Weeks 2 – 6):

- **Range of Motion:**
 - Progress ROM as tolerated. Ok for PROM, AAROM, AROM.
- **Strengthening/Lifting:**
 - No lifting more than a cup of coffee with operative arm
 - No pushing/pulling
 - No strengthening.

PHASE III (Weeks 6 – 12):

- **Range of Motion:** progress as tolerated
- **Exercises:** initiate gentle elbow and forearm strengthening; no lifting/carrying > 5lbs, no repetitive use.
- **Ok for blood flow restriction therapy.**

PHASE IV (12+ Weeks)

- Progressive biceps strengthening as tolerated
- Strengthen unilaterally (dumbbells, cables) initially.
- Ok for bilateral strengthening (barbell) once operative arm is at 90% strength of nonoperative arm.