



### **Phase I (Protection Phase): Weeks 1-6**

#### Precautions

- NO passive shoulder abduction, external rotation and extension beyond limits described
- NO combined shoulder abduction and external rotation.
- NO active internal rotation of shoulder

#### Immobilization

- Arm in sling except during shower, hygiene and therapy

#### Exercises

- Active ROM of hand, wrist and elbow in sling
- Shoulder Passive ROM (elbow visible at all times-no shoulder extension)
  - Supine therapist assisted FF to 90
- Supine therapist assisted passive ER to neutral
- Scapular closed chain exercises (Shrugs, depression, protraction and retraction)

### **Phase II (Range of motion): Weeks 6-12**

#### Precautions

- NO passive stretching at end range
- NO combined shoulder abduction and external rotation or extension and external rotation.
- NO active internal rotation of shoulder against resistance

#### Immobilization

- Wean out of the sling

#### Exercises

- Shoulder ROM:
  - AAROM--> AROM; advance as tolerated
    - Forward elevation (120 by 9 weeks and 150 by 12 weeks and advance as tolerated)
    - External rotation with arm at side (20 by 9 weeks and 45 by 12 weeks)
- Scapular strengthening exercises
- Submaximal isometrics (IR and ER) initiated during later half of this phase (10 weeks onwards)
- Scapular stabilization exercises

### **Phase III (Strengthening): Week 12-16 weeks**

- Gentle end range stretching exercises
- Strengthening protocol- therabands followed by light weight

### **Phase IV (Advanced strengthening) Month 4 onwards**

- Advanced strengthening
- Push up progression [wall, table, chair and regular (over 6 weeks time period)]
- Weight lifting and bench press is introduced at submaximal weights (light weights) between 5-6 months and gradually worked up to 50% of prior 1 repetition max (RM)
- Unrestricted activity (bench press) and return to contact sports starting at 6 months after physician approval