

### Phase I (Weeks 0-6)

- Sling to be **worn at all times** except for showering; avoid unsupported arm; no lifting >5 lbs.
- Range of Motion
  - **0-6 weeks:** No shoulder range of motion
- Therapeutic Exercise
  - Elbow/wrist/hand range of motion and grip strengthening.
  - Modalities per PT discretion to decrease swelling/pain.

### Phase II (Weeks 6-8)

- Continue sling except for showering and PT; avoid unsupported arm; no lifting >5 lbs.
- Range of Motion
  - **6- 8 weeks: PROM** FF to 90, Abduction to 60, ER to neutral, extension to neutral, IR to chest wall.
- Therapeutic Exercise
  - Submaximal pain---free deltoid isometrics
  - Elbow/wrist/hand range of motion and grip strengthening.

### Phase III (Weeks 8-12)

- No lifting >5 lbs
- Range of Motion
  - **8-10 weeks: AAROM:** FF to 120, Abduction to 90, ER to neutral, extension to neutral, IR to chest wall.
  - **10-12 weeks: AAROM/AROM:** FF to 140, Abduction to 120, ER/IR to 45 with arm abducted.
  - **>12 weeks: AAROM/AROM:** Advance to full AROM in all planes.
- Therapeutic Exercise
  - Begin pain-free isometric rotator cuff and deltoid exercises at **8 weeks.**
  - Begin gentle rotator cuff and scapular stabilizer strengthening at **10 weeks.**
  - Continue elbow/wrist/hand range of motion and grip strengthening.

### Phase IV (12+ weeks)

- Range of Motion – Full without discomfort; no lifting restrictions
- Therapeutic Exercise – Advance strengthening as tolerated: isometrics, therabands
  - Scapular and latissimus strengthening.
  - Humeral head stabilization exercises
  - Rotator cuff, deltoid and biceps strengthening.
- Modalities per PT discretion