

Phase I (Weeks 0 – 6):

- **Sling with abduction pillow:** Continue for a total of 6 weeks
- **Range of Motion:**
 - Weeks 1-2: PROM, AAROM including FF to 60°, ER to neutral with arm at side, IR to 45°
 - **NO active ER, extension, or abduction**
 - Weeks 3-4: PROM, AAROM including FF to 90°, ABD to 85°, ER at 30° of ABD to 30°, IR at 30° of ABD to 60°
 - **NO active ER or extension**
 - Weeks 5-6: PROM, AAROM including FF to 145°, ER at 45° of ABD to 50°, IR at 45° of ABD to 60°
 - Week 6: initiate gentle ROM at 90° of abduction, progress to 30° of ER
- **Exercises:** begin gentle isometrics at week 2; but no ER/IR
 - Weeks 3-4: begin scapular stabilizers (protraction, retraction) with arm in sling
 - Weeks 5-6: initiate active shoulder ABD (without resistance), “full can” exercises, prone rowing, prone horizontal abduction
 - Week 6: start biceps isotonic
- **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

Phase II (Weeks 7 – 14):

- **Range of Motion:** increase as tolerated, goal is full ROM by week 10, full AROM by week 12
 - Week 10-11: Progress ROM to functional demands (ie, overhead athlete, throwing motions)
- **Exercises:** continue Phase I; progress isotonic strengthening program, PNF strengthening, stretching
 - Weeks 7-9: Initiate Throwers Ten Program
- **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

Phase III (Weeks 15 – 20):

- **Exercises:** continue Phase II, advance as tolerated
 - Weeks 14-16: initiate light plyometric program, restricted sports activities including light swimming and half-golf swings
 - Week 16: initiate interval sport program (ie, throwing)
- Okay to return to contact sports or heavy labor at 20 weeks if patient has full non-painful ROM, satisfactory static stability, muscular strength 75-80% contralateral side, and no pain/tenderness

Phase IV (Weeks 20+):

- **Exercises:** continue Phase III, advance as tolerated, progress interval sport programs
- Okay to return to pitching if successful completes interval throwing program without pain, and has full functional ROM, satisfactory stability, and no pain/tenderness.