

**WEEKS 0–2:** Period of protection → no therapy for the first 2 weeks

- **Sling with abduction pillow:** Must wear at all times except for hygiene, exercises, desk work
- **Range of Motion:** Gentle shoulder pendulum range of motion; elbow/forearm/wrist/hand motion
- **Exercises:** pendulums and grip strengthening; No shoulder strengthening, or motion exercises permitted

**THERAPY Phase I (Weeks 2 – 4 after surgery)**

- **Sling with abduction pillow:** Continue
- **Range of Motion:** PROM and AAROM, including FF, ER, and ABD (within a comfortable range); No AROM
- **Exercises:** continue pendulums; Pulleys. Begin scapular exercises (while in sling) including elevation with shrugs, depression, retraction, and protraction
- **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

**THERAPY Phase II (Weeks 4 – 6 after surgery)**

- **Sling with abduction pillow:** Discontinue at 4 weeks.
- **Range of Motion:** Ok to begin AROM in all planes
- **Therapeutic Exercises:** Progress Phase I exercises; no shoulder strengthening yet
- **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

**THERAPY Phase III (Weeks 6 – 12 after surgery)**

- **Range of Motion:** Continue AROM
- **Therapeutic Exercises:** Begin isometric exercises and gentle strengthening (elastic bands then hand weights)
- **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)