

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 exercises; elbow/forearm/wrist/hand motion
- **Exercises:** pendulums and grip strengthening; No shoulder strengthening, or motion exercises permitted

THERAPY Phase I (Weeks 2 – 6 after surgery)

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

THERAPY Phase II (Weeks 6 - 8 after surgery)

- **Sling:** Discontinue
- **Range of Motion:** Progress PROM and begin AAROM → progress slowly
 - Phase 1: perform while supine
 - Phase 2: perform while back is propped up 45°
 - Phase 3: perform while in an upright position
 - Use unaffected arm, stick, or cane to move postoperative arm into FF, ER, and ABD
- **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 8 – 12 after surgery)

- **Range of Motion:** Begin to AROM in all planes → progress slowly
- **Therapeutic Exercises:** Begin isometric exercises (use pillow or folded towel without moving the shoulder)
- **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

THERAPY Phase IV (Weeks 12 – 24 after surgery)

- **Range of Motion:** Progress to full, painless, AROM
- **Therapeutic Exercises:** Progress Phase III exercises, begin gentle resistance exercises, including resisted scapular strengthening, rotator cuff strengthening, and deltoid strengthening
 - Resistance exercises should be done 3 days/week, with rest between sessions
- **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)