I. Phase I – Immediate Postoperative Phase “Restrictive Motion” (Weeks 0-6)

Goals:  
Protect the anatomic repair  
Prevent negative effects of immobilization  
Promote dynamic stability and proprioception  
Diminish pain and inflammation

Weeks 0-2

• Sling for 2-3 weeks for comfort  
• Sleep in immobilizer for 4 weeks  
• Elbow/hand ROM  
• Hand gripping exercises  
• Passive and gentle active assistive ROM exercise  
  • Flexion to 70 degrees week 1  
  • Flexion to 90 degrees week 2  
  • ER/IR with arm 30 degrees abduction  
    • ER to 5-10 degrees  
    • IR to 45 degrees  
  **NO active ER or Extension or Abduction  
• Submaximal isometrics for shoulder musculature  
• Rhythmic stabilization drills ER/IR  
• Proprioception drills  
• Cryotherapy, modalities as indicated

Weeks 3-4

• Discontinue use of sling  
• Use immobilizer for sleep ** to be discontinued at 4 weeks unless otherwise directed by physician  
• Continue gentle ROM exercises (PROM and AAROM)  
  • Flexion to 90 degrees  
  • Abduction to 90 degrees  
  • ER/IR at 45 degrees abd in scapular plane  
  • ER in scapular plane to 15-20 degrees  
  • IR in scapular plane to 55-60 degrees  
**NOTE: Rate of progression based on evaluation of the patient  
• No excessive ER, extension or elevation  
• Continue isometrics and rhythmic stabilization (submax)  
• Core stabilization program  
• Initiate scapular strengthening program  
• Continue use of cryotherapy
Weeks 5-6

- Gradually improve ROM
  - Flexion to 145 degrees
  - ER at 45 degrees abduction: 55-50 degrees
  - IR at 45 degrees abduction: 55-60 degrees
- May initiate stretching exercises
- Initiate exercise tubing ER/IR (arm at side)
- Scapular strengthening
- PNF manual resistance

II. Phase II – Intermediate Phase: Moderate Protection Phase (Weeks 7-14)

Goals:
- Gradually restore full ROM (week 10)
- Preserve the integrity of the surgical repair
- Restore muscular strength and balance
- Enhance neuromuscular control

Weeks 7-9

- Gradually progress ROM;
  - Flexion to 160 degrees
  - Initiate ER/IR at 90 degrees abd
  - ER at 90 degrees abduction: 70-80 degrees at week 7
  - ER to 90 degrees at weeks 8-9
  - IR at 90 degrees abduction: 70-75 degrees
- Continue to progress isotonic strengthening program
- Continue PNF strengthening

Weeks 10-14

- May initiate slightly more aggressive strengthening
- Progress isotonic strengthening exercises
- Continue all stretching exercises
  **Progress ROM to functional demands (i.e. overhead athlete)**
- Progress to isotonic strengthening (light and restricted ROM)

III. Phase III – Minimal Protection Phase (Week 15-20)

Goals:
- Maintain full ROM
- Improve muscular strength, power and endurance
- Gradually initiate functional activities

Criteria to Enter Phase III

1) Full non-painful ROM
2) Satisfactory stability
3) Muscular strength (good grade or better)
4) No pain or tenderness
Weeks 15-18

• Continue all stretching exercises (capsular stretches)

• Continue strengthening exercises:
  • Throwers ten program or fundamental exercises
  • PNF manual resistance
  • Endurance training
  • Restricted sport activities (light swimming, half golf swings)

• Initiate interval sport activities week 16-18

Weeks 18-20

• Continue all exercise listed above
• Process interval sport program (throwing, etc.)

IV. Phase IV – Advanced Strengthening Phase (Weeks 21-24)

Goals:
Enhance muscular strength, power and endurance
Progress functional activities
Maintain shoulder mobility

Criteria to Enter Phase IV

1) Full non-painful ROM
2) Satisfactory static stability
3) Muscular strength 75-80% of contralateral side
4) No pain or tenderness

Weeks 21-24

• Continue flexibility exercises
• Continue isotonic strengthening program
• NM control drills
• Plyometric strengthening
• Progress interval sport programs

V. Phase V – Return to Activity Phase (Months 7-9)

Goals: Gradual return to sport activities
Maintain strength, mobility and stability

Criteria to Enter Phase V

1) Full functional ROM
2) Satisfactory isokinetic test that fulfills criteria
3) Satisfactory shoulder stability
4) No pain or tenderness

Exercises
• Gradually progress sport activities to unrestrictive participation
• Continue stretching and strengthening program

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