Phase I – Protect Repair

Weeks 0 – 2

Goals
- Pain control
- Protect repair
- Shoulder sling/immobilizer for 6 weeks
- Elbow / wrist / hand AROM exercises, shoulder in neutral position
- Stationary bicycle, with shoulder sling on

Weeks 2 – 4

Goals
- Pain control
- Protect repair
- Continue shoulder sling/immobilizer for 6 weeks
- Continue previous exercises
- Pendulum shoulder exercises

Phase II – Range of Motion

Weeks 4 – 6

Goals
- Supine PROM flexion to 90°
- Protect repair
- Continue shoulder sling/immobilizer for 6 weeks
- Continue previous exercises
- PROM and supine AAROM forward flexion up to 90°, with arm in adduction
- Shoulder shrugs, scapular retraction, no resistance
Weeks 6 – 8
Goals
  AROM flexion to 120°, abduction to 90°
  • Discontinue sling / immobilizer
  • Continue previous exercises
  • AAROM
    o Flexion > 90°
    o Abduction and external rotation to tolerance
    o Internal rotation and extension, arm behind back
  • Submaximal isometrics
  • Treadmill walking
  • Elliptical trainer without arm motion component, lower extremity only

Phase III – Early strengthening
Weeks 8 – 12
Goals
  Full AROM
  • Continue previous exercises
  • AROM, AAROM through full motion
  • Light theraband exercises for external rotation, abduction, extension
  • Biceps / tricep PRE
  • Prone scapular retraction exercises, no weights
  • Standing wall push-ups, no elbow flexion >90°
  • Elliptical trainer, upper and lower extremities

Months 3 – 4
Goals
  Begin light strengthening
  • Continue previous exercises
  • Full ROM
  • Light theraband exercises - add internal rotation, adduction, flexion
  • Push-up progression – wall → table → chair, no elbow flexion >90°
  • Very light resistive weight training, no pect flies, bench press or pull downs
    o No elbow flexion >90°
    o Seated rows
    o Single arm pulleys/cables for internal rotation, forward elevation, adduction
    o Rotator cuff and periscapular
  • Treadmill running
  • Ball toss with arm at side, light weight
**Phase IV – Advanced strengthening**

**Months 4 – 6**

**Goals**

- Maintain painfree full ROM
- Advance strengthening
- Gradual return to functional activities
  - Continue previous exercises with increasing resistance
  - Overhead ball toss
  - Full running program
  - Swimming
  - Weight training with increasing resistance
    - No bench press
    - May start pull downs and pect flies with light resistance only

**Phase V – Return to full activity**

**Months 6+**

**Goals**

- Maintain painfree full ROM
- Gradual return to recreational sports and/or strenuous work activities
  - Full activities as tolerated
  - Continue previous exercises with increasing weight / resistance
  - May perform bench press, light weight and high repetition
    - Advance weight as tolerated
    - Recommend indefinitely avoiding high weight, low repetition