



Phase I (Weeks 0-4)

- Sling immobilization at all times except for showering and rehab under guidance of PT
- **Range of Motion** – PROM -> AAROM -> AROM as tolerated
 - o Restrict motion to 90° of Forward Flexion, 45° of Abduction, 30° of External Rotation and Internal Rotation to stomach
- **Therapeutic Exercise**
 - o Elbow/Wrist/Hand Range of Motion
 - o Grip Strengthening
 - o Isometric Abduction, Internal/External Rotation exercises with elbow at side
- **Heat/Ice before and after PT sessions**

Name

Date

Diagnosis

Date of Surgery

Phase II (Weeks 4-6)

- **Discontinue sling immobilization**
- **Range of Motion** – Increase Forward Flexion, Internal/External Rotation to full motion as tolerated
- **Therapeutic Exercise**
 - o Advance isometrics from Phase I to use of a theraband within AROM limitations
 - o Continue with Elbow/Wrist/Hand Range of Motion and Grip Strengthening
 - o Begin Prone Extensions and Scapular Stabilizing Exercises (traps/rhomboids/levator scapula)
 - o Gentle joint mobilization
- **Modalities per PT discretion**

Phase III (Weeks 6-12)

- **Range of Motion** – Progress to full AROM without discomfort
- **Therapeutic Exercise** – Advance theraband exercises to light weights (1-5 lbs)
 - o 8-12 repetitions/2-3 sets for Rotator Cuff, Deltoid and Scapular Stabilizers
 - o Continue and progress with Phase II exercises
 - o Begin UE ergometer
- **Modalities per PT discretion**

Phase IV (Months 3-6)

- **Range of Motion** – Full without discomfort
- **Therapeutic Exercise** – Advance exercises in Phase III (strengthening 3x per week)
 - o Sport/Work specific rehabilitation
 - o Return to throwing at 4.5 months
 - o Return to sports at 6 months if approved
- **Modalities per PT discretion**

Comments:

Frequency: _____ **times per week** **Duration:** _____ **weeks**

Signature: _____ **Date:** _____