

PHASE I - IMMEDIATE POSTSURGICAL PHASE (DAYS 1 - 14)

Goals

1. Maintain integrity of the repair
2. Diminish pain and inflammation
3. Prevent muscular inhibition

Days 1 - 14

"Gunslinger" brace

- Pendulum exercises 4x per day
- Elbow/hand gripping and ROM exercises
- Cryotherapy/ice for pain and inflammation - 15-20 minutes every hour
- Sleeping - sleep in sling or brace

Precautions To Be Maintained Through Week 6:

1. Maintain arm in brace, remove only for exercise
2. No lifting of objects
3. No excessive or aggressive stretching or sudden movements
4. No supporting of body weight by hands
5. No bimanual activities (pulling on pants/socks, etc.)

PHASE II - PROTECTION PHASE (WEEKS 3 - 6)

Goals

1. Allow healing of soft tissue
2. Do not overstress healing tissue
3. Gradually restore full PROM by weeks 4 - 6
4. Decrease pain and inflammation

Weeks 3 - 6

- Continue pendulum exercises
- Start formal physical therapy (PT)
 - AAROM, gentle PROM as tolerated to match uninvolved shoulder
- Continue use of cryotherapy/ice as needed if still swollen

PHASE III - INTERMEDIATE PHASE (WEEKS 7 - 12)

Goals

1. Maintain full A/AA/PROM
2. Dynamic shoulder stability

Weeks 7 - 12

- Discontinue use of brace/sling
- Continue AA/PROM
- Work on scapulohumeral rhythm
- May use arm for light activities of daily living (ADLs)
- May begin gentle AROM
- No lifting or strengthening



Pendulum, Circular-Bend forward 90 degrees at the waist, using a table for support.

Rock body in a circular pattern to move arm clockwise 10 times, then counterclockwise 10 times. Do 3 sessions a day.

**American Academy of Orthopaedic Surgeons*

PHASE IV - EARLY STRENGTHENING PHASE (WEEKS 13 - 16)

Goals

- 1. Maintain full nonpainful ROM**
- 2. Enhance functional use of upper extremity**
- 3. Improve muscular strength and power**

Weeks 13 - 16

- Continue ROM and stretching to maintain full ROM
- Self capsular stretches
- Isometric strengthening only

PHASE V - PROGRESSIVE STRENGTHENING (WEEKS 17 - 23)

Goals

- 1. Maintain full nonpainful ROM**
- 2. Enhance functional use of upper extremity**
- 3. Improve dynamic muscular strength**

Week 17 - 23

- Continue stretching if motion is tight
- Begin dynamic strengthening and scapular strengthening (no push-ups)
- May initiate interval sport program (i.e., golf, etc.)

PHASE VI - RETURN TO UNRESTRICTED ACTIVITY (WEEKS 24+)

Goals

- 1. Maintain full nonpainful ROM**
- 2. Enhance functional use of upper extremity**
- 3. Regain full strength and unrestricted activity**

Weeks 24+

- Continue stretching if motion is tight
- Continue dynamic strengthening and scapular strengthening
- May initiate contact sports