

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

### **Goals**

- 1. Maintain integrity of the repair**
- 2. Gradually increase passive range of motion (PROM)**
- 3. Diminish pain and inflammation**
- 4. Prevent muscular inhibition**

### **Days 1 - 14**

- Sling
- Pendulum exercises 4x daily (flexion, circles)
- Elbow/hand gripping & 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 shoulder abduction, forward elevation, or external rotation
4. No excessive or aggressive stretching or sudden movements
5. No supporting of body weight by hands
6. 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. Decrease pain and inflammation**
- 4. Increase PROM**

### **Weeks 3 - 6**

- Continue sling through week 4 (through week 6 if repaired under tension)
- Continue pendulum exercises
- Continue use of cryotherapy/ice as needed if still swollen
- Begin physical therapy (PT)
- PROM forward elevation to 130° with arm in adduction

## **PHASE III - INTERMEDIATE PHASE (WEEKS 7 - 12)**

### **Goals**

- 1. Attain full ROM**
- 2. Normal scapulohumeral rhythm**

### **Weeks 7 - 12**

- Continue PROM
- Start active-assisted ROM (AAROM) exercises (i.e., pulleys, etc.)
- Work on scapulohumeral rhythm, periscapular strengthening program (no push-ups plus)
- May use arm for light activities of daily living (ADLs)
- May begin gentle active ROM (AROM)
- Isometric exercises (avoid shoulder adduction, internal rotation, and horizontal adduction)

## **PHASE IV - ADVANCED STRENGTHENING PHASE (WEEKS 13 - 23)**

### **Goals**

- 1. Maintain full nonpainful ROM**
- 2. Enhance functional use of upper extremity**
- 3. Improve muscular strength & power**
- 4. Gradual return to functional activities**

### **Weeks 13 - 23**

- Continue ROM and stretching to maintain full ROM
- Begin pectoralis major strengthening
  - Single arm pulleys and bands
  - Horizontal adduction
  - Internal rotation
  - Forward elevation
  - Shoulder adduction
- Rotator cuff (RTC) strengthening
- Continue periscapular strengthening (may begin push-ups plus against wall)

## **PHASE V - RETURN TO ACTIVITY PHASE (WEEKS 24+)**

### **Goals**

- 1. Gradual return to strenuous work activities**
- 2. Gradual return to recreational sport activities**

### **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.)

### **Weeks 24 - 35**

- Continue stretching if motion is tight
- Begin floor push-ups
- Dumbbell bench presses with light weight and high repetition

### **Week 36**

- Full activities
- HIGH-WEIGHT, LOW-REPETITION BARBELL BENCH PRESSING IS DISCOURAGED INDEFINITELY!