



Sling/Abduction Pillow for 3 weeks

Begin PT at week 3 post op

Phase 1: Week 4-6

PROM/AAROM/AROM

- No Forced ER
- Limit Shoulder ER 0-45deg
- Supine T-Bar AAROM, progress to standing
- Elbow/Wrist AROM
- Scapular AROM
- UBE

Grade I GH/ST mobilization

Submaximal Isometrics (flexion/abduction/abd/exten/IR/ER)

Pool AROM (buoyancy assisted)

Phase 2: Week 7-8 (Resistance)

Initiate light bicep strengthening

RTC/periscapular strengthening (pillow under elbow)

- SL ER
- Tubing IR/ER/Exten/Add/Rows
- Serratus punches

Prone Periscapular Strengthening

PNF/Rhythmic Stabs (progress proximal to distal)

CKC Dynamic Stabilization (plank/quadruped, wall ball circles)

Pool UE Strengthening Exercises

Phase 3: Week 9-12 (Function)

Progress PNF, Rhythmic Stabs, CKC Dynamic Stabilization

- Increase resistance/Decrease Reps

Add Push Ups (incline to horizontal/serratus push)

Add W/Y's to prone series

Deceleration catches (1-2lbs if thrower or tennis player)

Return to Activities: see PT for progression

Golf: 4+ months (chip/putt 8 weeks)

Baseball: 4+ months (see PT for interval throwing program/batting progression)

Running: 3+ months (if prior runner, see PT for mileage/recovery progression)

Football: 4-5 months (see PT for return to contact/practice)

Swim: 4+ months (see PT for stroke biomechanics)

Tennis: 4+ months (see PT to stroke/serve progression)