



Sling for 5 weeks

Abduction pillow for 1 week

Phase 1 (Passive) Week 1-5

Week 1:

PROM

- Flexion 105
- ER 30
- Abduction 90
- IR – begin at week 3

Manual Therapy

- Grade I/II Mobs
- Pendulums
- Gripping/Wrist AROM
- Scapular AROM

Week 2-5:

- Progress PROM Flexion, Abduction, ER to full
- Gradual IR progression (no forced PROM)
- Elbow AROM

Phase 2 (Active Assisted/Active Progression) Week 6-7

- Begin UBE Isokinetic
- Supine T-Bar all planes ROM
- Initial Pool AAROM

Phase 3 (Active/Strength) Week 8+

- Initiate RTC/Periscapular Strengthening
- T-Band IR/ER/Rows/Extension/Adduction
- Standing Flexion/Scaption/Abduction progress to resisted
- Prone series
- SL ER/Supine Serratus Punches

Phase 4 (Advance Strengthening) Week 10+

- PNF
- IR/ER at 90
- Push Ups

Return to Activity with PT progression

Running: 3+ months

Tennis: 4+ months

Golf: 4+ months

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