

	WEIGHT BEARING	SLING/SPLINT/BRACE	ROM	EXERCISES
PHASE I 0-4 weeks	NWB	Maintain sling except when performing exercises	Passive stretch to 45° ER in adduction, 140° forward flexion, IR to abdomen. Avoid abduction with external rotation. Avoid extension stretches.	Wrist/hand ROM, grip strengthening. Begin cuff/deltoid isometrics at 2 weeks. Closed chain scapula.
PHASE II 4-8 weeks	Up to 2 lbs	None	Transition from passive to active-assist to active. Once at ER 45, FF 140 and IR to abdomen without pain, progress to full motion as tolerated. Avoid abduction with external rotation until 6 weeks.	Advance isometrics in Phase I to use of theraband, continue with wrist/hand ROM and grip strengthening Begin scapular stabilizing exercises, gentle joint mobs
PHASE III 8 weeks - 12 weeks	Up to 5lbs	None	Full	Advance theraband exercises to use of weights and progress Phase II work Cycling and upper body ergometer at 8 weeks Outdoor running
PHASE IV 12+ weeks	Full	None	Full	Ok to start planks, push-ups Continue improving flexibility, progress strengthening, progression of function, work conditioning. Begin functional progression to return to previous activity level*** Throwers may begin interval throwing program at 16 weeks

*6-8 weeks is required for healing of the labrum, therefore, avoid activities that stress the repair (i.e. active biceps exercises, forceful extension, abduction with external rotation, etc.)

**Patient may return to the weight room at 3 months, if appropriate

***Patient may return to competitive sports, including contact sports, by 5 months, if approved