Patient to be seen 2-3x/week, starting on 2\textsuperscript{nd} post-op day

**Post-op Weeks 1-6**
- PROM shoulder exercises
  - Manual PROM, table glides, pendulums, pulley, doorway ER stretch
- Scapular AROM
- Elbow, forearm, and wrist AROM
- Modalities for pain control as needed
- Sling x 6 weeks

**Post-op Week 7**
- AAROM & AROM shoulder exercises
  - Standing, supine, and prone
- Continue manual ROM as needed
- Continue modalities as needed
- Progress to light strengthening as tolerated
- Progress functional exercises as tolerated
- Continue modalities as needed

________________________________________________________________________

Physician Signature ___________________________ Date ___________________________