**Post-op Day 1-14 (weeks 1 & 2)**

- Wear sling per physician orders
- Hand squeezing exercises
- Elbow and Wrist AROM
- Pendulum Exercises
- Shoulder PROM/AAROM
  - Manual ROM, wand, pulleys, table glides
- **ROM Limits**
  - Flexion 120 degrees
  - Abduction 60 degrees
  - External Rotation 10 degrees
  - Internal Rotation across body with arm adducted
- Scapular exercises
  - Shrugs and retraction without resistance
- Modalities for pain and swelling
  - Ice, E-stim

**Goals**

- Pain control
- Flexion 120 degrees, Abduction 60 degrees

**Post-op Day 15-28 (weeks 3 & 4)**

- Continue above exercises
- Wear sling when out in public as needed for comfort

**ROM**

- Flexion 140
- Abduction 90 degrees
- External Rotation 10 degrees
- Internal Rotation across body with arm adducted
- Gentle shoulder isometrics in neutral position
- Stationary Bike

**Post-op Days 29 - 42 (weeks 5 & 6)**

- Continue above exercises
- UBE at low resistance
- Bicep and Tricep PREs with light resistance

**ROM**

- Flexion 160 degrees
- Abduction 120 degrees
- External Rotation to tolerance
Post-op Day 43 (week 7+)

Continue above exercises as appropriate
Begin AROM progress to PRE as tolerated
Progress PREs as tolerated
  Theraband
  Prone extension and horz abd
  Scapular strengthening
  Cybex strengthening

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Physician Signature  Date

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