PHASE I: MOTION PHASE DAY 1 - 14

GOALS:
- Re-establish non-painful ROM active and passive
- Retard muscle atrophy
- Decrease pain / inflammation

HOME EXERCISE PROGRAM:
- Pendulums
- Pulley for ROM
- Wand
  - flexion - extension
  - Abduction
  - ER / IR
- Isometrics
  - Light Theraband for ER / IR at 0 degrees abduction usually at 7 - 10 days post-op within comfortable ROM
- Frequent use of cold packs to decrease pain and inflammation

CRITERIA TO PROGRESS TO PHASE II:
- Full to near full ROM
- Minimal pain and tenderness

PHASE II INTERMEDIATE PHASE WEEK 2-4

GOALS:
- Continue to restore AROM and PROM as needed
- Regain and improve functional strength
- Improve neuromuscular control of shoulder complex
- Normalize arthrokinematics

HOME EXERCISE PROGRAM:
- Initiate isotonic strengthening with light dumbbells or "soup cans"
  - Sidelying ER
  - Prone rowing
  - Prone horizontal abduction
  - Bicep curls / Tricep extension
  - Scapular positioners
- Normalize arthrokinematics of shoulder complex
  - Joint mobilization
  - Continue stretching of shoulder add ER / IR at 90 degrees of abduction
  - Initiate neuromuscular control and proprioception exercises
- Continue cold packs as needed
GOALS:
- Improve strength / power / endurance
- Improve neuromuscular control
- Prepare athlete to begin throwing

EXERCISE:
- Continue dumbbell strengthening
- Initiate theraband exercise for ER / IR in 90/90 position
- Continue
  - Scapulothoracic strengthening
  - Endurance / neuromuscular control / proprioception exercises

GOAL:
Progressively increase activities to prepare patient for full functional return to sport

EXERCISES:
- Continue above exercise in phase III
- Initiate interval throwing

Physician Signature: ________________________________