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

**Post-op Weeks 1-4**

- 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 5 & 6**

- AAROM & AROM shoulder exercises
  - standing, supine and prone
- Continue manual ROM as needed
- Continue modalities as needed

**Post-op Week 7**

- Progress to light strengthening as tolerated
- Progress functional exercises as tolerated
- Continue modalities as needed