Post-op Days 1 – 7
Sling x 6 weeks – Even while sleeping
Place pillow under shoulder / arm while sleeping for comfort
NO RESISTED Shoulder Abduction/Flexion or Elbow Flexion/Supination x 6 wks.
Hand squeezing exercises
Elbow and wrist active motion (AROM) with shoulder in neutral position at side
Supported pendulum exercises
Shoulder shrugs / scapular retraction without resistance
Ice pack

Goals – pain control/protection

Week 1 - 6
Continue sling x 6 weeks
Continue appropriate previous exercises
Full pendulum exercises
AROM/AAROM as tolerated (pulleys/wand/wall walks)
1-2 Finger Isometrics x 6 (fist in box)
Stationary bike (must wear sling)

Goal – Full AROM

Weeks 6 – 9
D/C Sling
Continue appropriate previous exercises
Rotator cuff strengthening with Theraband
– ER and IR arm at side with rolled towel in axilla
– Flexion to 60 degrees
– Abduction to 60 degrees
– Scaption to 60 degrees
– Extension to 30 degrees
Standing rows with Theraband
Resistive elbow / wrist exercises with light dumbbell
Push-up progression – Wall, etc
Body Blade
Ball on wall (arcs, alphabet)
BAPS / BOSU on hands
UBE – Forwards and backwards at low resistance
Elliptical trainer
Stairmaster
Pool walking / running – No UE resistive exercises

Goals – 30 wall push-ups
**Weeks 9 – 12**

- Continue appropriate previous exercises with increased resistance
- PROM / mobilization as needed to regain full ROM
- Seated row weight machine with light weight
- Push-up progression – Wall to table
- Ball toss with arm at side using light ball
- Treadmill – Running progression program
- Pool therapy – With UE resistance

**Goal** – Rotator cuff strength WNL

**Months 3 – 4**

- Continue appropriate previous exercises
- Fitter on hands
- Ball toss overhead
- Weight training with light resistance (no overhead press, pull downs, lateral lifts)
- Push-up progression – Table to chair

**Goals** - Run 2 miles at easy pace, 30 chair push-ups

**Months 4 – 6**

- Continue appropriate previous exercises
- Push-ups, regular
- Sit-ups
- Gravitron – Pull-ups and dips
- Swimming
- Running progression to track
- Progressive weight training program
- Transition to home / gym program

**Goals**
- Resume all activities
- Pass APFT at 6 months post-op

No contact sports until 6 months post-op

BRYAN L. BOYEAL
LTC, SP
Chief, Physical Therapy

MICHAEL S. MACHEN
LTC(P), MC
Chief, Orthopedics
Shoulder Post Op Phase 1
Perform exercises below frequently: 30 reps 3-5x a day

Grip Squeeze

Elbow active range of motion

Pendulum

Shoulder Shrugs

Ice x 10-15min 2-3 x per day

Appointments?? Questions??
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