Post-op Days 1 – 14

Sling with external rotation brace x 6 weeks – Even while sleeping
  – Maintain shoulder in neutral rotation, not IR
  – Place pillow under shoulder / arm while sleeping for comfort
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

Weeks 2 – 4

Continue sling x 6 weeks
Continue appropriate previous exercises
Full pendulum exercises
Resisted elbow / wrist exercises (light dumbbell)
Active assisted motion (AAROM) supine with wand
  – Flexion to 90 degrees
  – Abduction to 60 degrees
  – ER to 45-60 degrees
  – NO IR x 6 weeks
1-2 Finger Isometrics x 6 (fist in box)
Stationary bike (must wear sling)

Goal – AAROM Flexion to 90 degrees, Abduction 60 degrees
**Weeks 4 – 6**

Continue sling x 6 weeks  
Continue appropriate previous exercises  
Submaximal isometrics x 6 (pain-free)  
AAROM supine with wand  
  - Flexion to 140 degrees  
  - Abduction to 90 degrees  
  - ER to 60+ degrees  
  - NO IR  
Treadmill – Walking progression program  

**Goal** – AAROM Flexion to 140 degrees, Abduction to 90 degrees

**Weeks 6 – 9**

D/C Sling  
Continue appropriate previous exercises  
AAROM (wand, wall climb, pulleys, doorway stretch) through full range  
AROM through full range  
Rotator cuff strengthening with light Theraband  
  - ER and IR with arm at side and pillow or towel roll under arm  
  - Flexion to 60 degrees  
  - Abduction to 60 degrees  
  - Scaption to 60 degrees  
  - Extension to 30 degrees  
Prone scapular retraction exercises without weight  
Standing rows with Theraband  
Push-up plus against wall (no elbow flexion > 90 degrees)  
Body Blade  
Ball on wall (arcs, alphabet)  
UBE – Forwards and backwards at low resistance  
Elliptical trainer  
Stairmaster  
Pool walking / running – No UE resistive exercises  

**Goals**

Full AROM  
30 wall push-ups

**Weeks 9 – 12**

Continue appropriate previous exercises with increased resistance as tolerated  
PROM / mobilization as needed to regain full ROM  
Seated row with light resistance  
Prone scapular retraction exercises with light weight  
BAPS on hands  
Ball toss with arm at side  
*Continued on following page*
Push-up progression – Wall to table (no elbow flexion > 90 degrees)
Treadmill – Running progression program

Goals

Normal rotator cuff strength
30 table push-ups

Months 3 – 4

Continue appropriate previous exercises
Fitter on hands
Ball toss overhead
Push-up progression – Table to chair (no elbow flexion > 90 degrees)
Weight training with light resistance
   – No elbow flexion > 90 degrees with bench, dips, etc.

Goals

Run 2 miles at easy pace
30 chair push-ups

Months 4 – 6

Continue appropriate previous exercises
Push-ups, regular – No elbow flexion > 90 degrees
Sit-ups
Swimming
Running progression to track
Progressive weight training – No elbow flexion > 90 degrees
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. BOYEA  MICHAEL S. MACHEN
LTC, SP  LTC(P), MC
Chief, Physical Therapy  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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