



Weeks 0-1: No formal PT.

- Sling at all times (except for hygiene and pendulums).
- Home exercises only (pendulums, elbow + wrist ROM, grip strengthening).

Weeks 1-4: Begin formal PT (2-3 x/wk).

- Sling at all times (except for hygiene and PT).
- ROM: Restrict motion to 90 deg FF / 20 deg ER at side / IR to stomach / 45 deg abduction. ***No IR up the back or ER behind head. Forward flexion should not be combined with cross-body adduction.***
 - Progress **PROM** only as tolerated within the above limits
 - Heat before, ice after.
- Strengthening: Cuff/periscapular/deltoid isometrics in sling, within above motion limits. ***No resisted forward flexion or elbow flexion (biceps) until 6 weeks post-op to protect the biceps root.***

Phase II (4-8 wks): Progress to active motion and very protected strengthening.

- D/C sling if cleared by MD
- ROM: Progress AROM to 140 deg FF / 40 deg ER with arm at side / 60 deg ABD/IR behind back to waist.
- Strengthening:
 - Progress cuff/deltoid and periscapular strengthening (isometrics/light bands) within above motion limits. ***Do not begin light bands for forward flexion or elbow flexion until after 6 wks.***
 - Modalities as per PT discretion

Phase III (8-12 wks): Advance ROM and light progressive strengthening.

- ROM: Advance active and passive ROM to full with gentle passive stretching at end ranges. Progress to aggressive passive stretching after 10 wks if not at full motion.
 - Goal: full ROM by 3 months.
- Strengthening: Advance as tolerated from isometrics → bands → light weights (1-5lbs) w/8-12 reps x 2-3 sets for cuff, deltoid, scapular stabilizers (***Only do this 3x/wk to avoid cuff tendonitis***)

Phase IV (3-12 months): Progress strengthening and to sport/occupation-specific rehab.

- ROM: Aggressive passive stretching at end ranges if full motion not yet achieved.
- Strengthening/Activities:
 - Continue bands/light weights as above, 3x/wk.



- Begin eccentrically resisted motions, plyometrics (*weighted ball toss*), proprioception (*body blade*) and progress to sport-specific/job-specific exercises by 4 months.
- **Throwers/Return to Sport:**
 - @ 4.5 months, may begin light-tossing if full-strength and motion and return to initial tennis/golf light efforts per discussions with Dr. Saltzman
 - @ 6 months throw from the pitcher's mound and/or return to collision sports (hockey, football, etc.).
- **Work:**
 - Overhead work without lifting is usually possible @ 4.5-6 months.
 - Can resume heavy labor once full-strength achieved (usually 6-9 months).

By signing this referral, I certify that I have examined this patient and physical therapy is medically necessary. This patient ___ would ___would not benefit from social services.

Date:_____

Bryan M. Saltzman, MD