REHABILITATION PROGRESSION
The following is a general guideline. Please consult Dr. Syal/Dr. Soswa if there is any uncertainty concerning advancement of a patient to the next phase of rehabilitation. Rehabilitation should be individualized according to patient status.

PRECAUTIONS
• functional shoulder brace to be worn immediately post-op and continued for first 4 weeks
• DO NOT attempt to pick up heavy objects with the hand of the operative side – may damage repair
• DO NOT elevate surgical arm above 70º in any plane for the first 4 weeks post-op

PHASE I (WEEK 0–2)
• stage 1 shoulder exercises – supported pendulums
• shoulder brace worn for comfort, removed for exercises
• supine passive ROM, pendulums in brace
• forward flexion to 70º, ER to neutral only, abduction to 45º
• 3 times daily elbow, hand and wrist ROM exercises to prevent stiffness
• cryotherapy for shoulder & modalities for inflammation as needed

PHASE 2 (WEEKS 2–6)
• stage 2 shoulder exercises – stretches/ROM + stage 1
• forward flexion & internal rotation to full
• ER to 30º
• strengthening – no biceps contraction allowed
• rotator cuff isometrics
• periscapular isotonics and core strengthening
• scapular stabilization exercises
• shoulder brace removed at end of 6 weeks
• cryotherapy for shoulder & modalities for inflammation as needed

PHASE 3 (WEEKS 6–16)
• stage 3 shoulder exercises – strength/ROM + stages 1 & 2
• AAROM progressed to full, gentle stretches in all planes
• gentle biceps contraction allowed, advanced scapular stabilization
• towel stretching, wand activities in all planes
• shoulder shrugs, retractions with resistance, prone exercises
• isokinetic ER/IR at neutral
• general labourers can usually return to work at 8–10 weeks
PHASE 4 (WEEKS 16-24)

- continue with ROM, strengthening, endurance and functional activities
- progress strengthening program with an increase in resistance & speed reps
- initiate press machine strength program, single arm plyotoss
- initiate interval sports programs: drills and functional activities
- interval throwing program weeks 16-24
- initiate interval sports programs: drills and functional activities
- functional progression, including but not limited to:
  ‣ walk/job progression
  ‣ throwing, running 1/2, 3/4, full speed
- NO CONTACT SPORTS FOR 6 MONTHS

SOURCES: