

Week 0-2

- Use sling with abduction pillow at all times except during hygiene.
- No weight bearing on operative arm.
- No shoulder flexion, abduction, internal rotation, or external rotation past resting position.
- Begin daily pendulum exercises as tolerated.
- No elbow ROM restrictions.
- Main goal to prevent elbow stiffness.

Week 2-6

- Start physical therapy.
- Discontinue abduction pillow. Continue sling as needed.
- No weight bearing on operative arm.
- Start forward flexion from 0-160 degrees. Advance from PROM to AAROM to AROM.
- No external rotation, internal rotation past neutral.
- Main goal to achieve full forward flexion.

Week 6-12

- Discontinue sling.
- Weight bearing as tolerated.
- No ROM restrictions. Advance from PROM to AAROM to AROM.
- Start strengthening exercises as tolerated.
- Main goal to achieve full forward flexion, external rotation, and internal rotation.

Week 12-24

- Continue shoulder strengthening exercises with focus on deltoid.
- Advance to functional training as tolerated.
- Continue stretching, strengthening, and ROM exercises as needed.
- Main goal to return to full activities.