

		What to perform		What to avoid	To advance			
Protection phase (Day 0-14)		Exercises	Manual	Extension; ER with abduction with extension	Pain control			
Sling used all times except exercises		Cervical AROM	PROM flexion and abduction to tolerance	Internal rotation past hip				
		Elbow wrist hand	ER < 30 degrees					
		Pendulum						
		Scap retraction, depression						
Early Movement Control phase (Week 2-6)		Cont as above	PROM to tolerance flexion, abduction	Abduc with horizontal ext	no clinical signs of instability			
Continue sling use		Pulleys - flexion, scaption	ER < 30 degrees	Hyperextension	Deltoid activation, improving function			
		Deltoid isometrics (avoid hyperext)	IR to belt line	No lifting > coffee cup				
		Table slides - flexion	Scapular mobs	IR behind back				
Functional Phase (week 7-12)		learn dissociation of GH and ST joints	PROM as needed to tolerance	No 90-90 stretch	Full functional AROM against gravity without substitutions			
D/C sling		Flex, scaption AROM (progress to light weight as mechanics improve)	Scapular mobs					
		Deltoid isotonic pain free - sidelying and standing abduction						
		Prone stabilization - I, Y, T						
		Scapular rows, Lat Pull down with TB						
		AAROM - wall walks, canes (flex, ER at neutral and scap plane)						
End-range stretching/strengthening (Week 12+)		Cont as above	Cont as needed					
		IR stretch with towel						
		TV watching stretch						
		Closed chain exercises						