<table>
<thead>
<tr>
<th>TIMELINE</th>
<th>GOALS</th>
<th>EXERCISES/METHODS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Early Post-operative Day 1-week 2</td>
<td>Initiate edema control modalities</td>
<td>Scapular retractions</td>
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<tr>
<td></td>
<td>Begin ROM</td>
<td>A/PROM elbow and wrist</td>
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<td>Grip strengthening with stress ball/duddy</td>
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<td></td>
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<td>Gentle supine GHJ PRO</td>
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<tr>
<td></td>
<td></td>
<td>(flexion, add, add, IR, ER)</td>
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<td></td>
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<td>*Avoid end range</td>
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**Goals/Restrictions/Milestones:**
- Achieve PROM GHJ flex / add to 90 degrees
- Independent with HEP for elbow / grip / scapular retraction

**Sub-Acute Post-Operative: 2-6 weeks**
- + Avoid AC Joint inflammation
- + Continue to gain GH ROM progressively

**Goals/Restrictions/Milestones:**
- Achieves PROM GHJ flex to >= 150 degrees
- Pain free with d/off sling for treatment

**Moderate Activity: 6-10 weeks**
- Discontinue sling use
- Full PROM, start full AROM
- Initiate strengthening

**Goals/Restrictions/Milestones:**
- Discontinue sling use
- Full PROM, start full AROM
- Initiate strengthening

**BRACING/SLING**
- Sling for 6 weeks

**ROM RESTRICTIONS**
- To Tolerance

**WEIGHT BEARING**
- 5lbs for 6 weeks

**OTHER RESTRICTIONS AND KEY CONSIDERATIONS**
- None
### Timeline

<table>
<thead>
<tr>
<th>Week 6-10 Continued</th>
<th><strong>Goals</strong></th>
<th><strong>Exercises/Methods</strong></th>
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</table>
|                     | **Week 8**| begin forward elevation / scaption above 90 degrees  
begin IR/ER PROM at 90 degrees abduction  
- Initiate capsular stretching (sleeper / cross arm stretches)  
- Initiate manual rhythmic stabilization  
- begin UBE |

**Goals/Restrictions/Milestones:**  
AROM to > 90 degrees without shoulder shrug compensation  
BUE AROM flex/abd with symmetrical scapular abduction/upward rotation  
Full overhead PROM in prone (equal to unaffected UE)

| Weeks 10-16 | **Progressive resisted strengthening AROM all directions** | **Initiate RTC stability (ball on wall activities)**  
**Initiate prone flexion**  
**Initiate machine row / pulldown**  
**Week 12** – begin closed chain shoulder girdle activity  
**Initiate resisted IR/ER at 90 degrees abduction**  
**Resisted PNF D1/D2** |

| High level Activity: 16+ weeks | **Return to sport** | **Initiate throwing / progress throwing protocols**  
**Dynamic closed chain shoulder activity**  
**Progress to sport specific / work conditioning program** |

### Showering

1. May Shower day 1 after surgery  
2. Must “waterproof” surgical site for 5 days after surgery  
3. No submerging wounds for 4 weeks

### Wound Care

1. Remove everything except steri strips the day after surgery  
2. Place clean gauze or op-site on wounds daily for 5 days

### Medications

1. Pain medicine only as needed. Wean off as soon as possible