

- Continue with AAROM exercises
 - Towel IR stretch behind back
 - GH joint mobilizations
 - Passive stretching
- For Strength:
 - IR/ER with elastic resistance with arm at side (use a towel roll between the upper arm and side)
 - DB exercises: flexion, scaption (full can), deceleration in sidelying
 - Rhythmic Stabilization
 - UBE
 - Scapular stabilization (rows, shrugs, serratus punches)
 - PNF with light manual resistance
 - Biceps curls initiated at 6 weeks – start with 3-5 lbs and progress cautiously as tolerated
- Modalities
 - Heat prior to RX; Ice following RX

9-12 Weeks Post-Op

- The goal of weeks 9-12 are to maintain full active ROM, progress strengthening and stabilization program and to prepare for specific functional drills
- Exercises:
 - For ROM, and Strengthening:
 - Continue previous ROM and mobilization techniques to maintain full ROM
 - Continue with elastic IR/ER resistance exercises progressing in reps, intensity and sets. Progress from neutral to scapular to the 90/90 position
 - Initiate Rhythmic stabilization to the 90/90 position as patient progresses
Progress DB program (up to 5lbs) progressing to more difficult positions (prone scaption thumb up, horizontal abd thumb up, extension palm down, and ER in horizontal abduction)
 - Continue with scapular strengthening/stabilization progressing the push up plus program
At week 8, initiate chest pass plyometrics progressing to overhead (OH) pass and diagonals. At week 10 gradually progress to single arm throw elbow extended, arm straight overhead, progress slowly to “cocked” position.

12-24 Weeks Post-Op

- Strengthen and conditioning as tolerated.
- **BE SMART ABOUT BICEPS WORK! DON'T OVERLOAD!**