



D/C sling on first post-op day
Anti-Inflammatory Modalities as needed
Range of motion exercises all planes to tolerance (ABD, FF, ADD, ER, IR)
Codman's, pendulums, pulleys, cane assistive ROM
INSTRUCT IN HOME PROGRAM - TO BE DONE DAILY.
Biceps / triceps isotonic / Elbow & Wrist motion exercises
Scapular stabilization exercises
Cardiovascular training as tolerated (Running, bike)
Anterior and Posterior capsular stretch after warm-up
Recommend 4-5 visits during the first week postoperatively; then 3x per week

Range of motion exercises all planes to tolerance (ABD, FF, ADD, ER, IR)!
Continue upper extremity PREs
Continue scapular stabilization / strengthening exercises
IR / ER isotonic exercises below horizontal (emphasize eccentrics)
Biceps PRE's
Continue with shoulder and neck flexibility exercises
Modalities PRN
Functional activities begin week 6 (ADLs, Sports)
Plyometrics