



Orthopedic Specialty Associates
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Sling for 5 weeks

Phase 1 - (PASSIVE) *Pendulums to warm-up.*

Passive Range of Motion

Week 1-3 Supine to start and progress external rotation as tolerated

Supine External Rotation - 0°

Supine Forward Elevation – 90°

No Internal Rotation

Week 4 & 5 External Rotation – Full

Forward Elevation - Full

Phase 2 - (ACTIVE) *Pendulums to warm-up.*

Active Range of Motion with Terminal Stretch to prescribed limits.

Week 6 & 7 Supine↔Seated External Rotation - (gradually increase to full by week 12)

Supine↔Seated Forward Elevation - (gradually increase to full by week 12)

Internal Rotation – Full

Phase 3 - (RESISTED) *Pendulums to warm up and continue with phase 2*

External and Internal Rotation

Week 8 Standing forward punch

Seated rows

Shoulder Shrugs

Bear Hugs

Weight Training

Avoid anterior capsular stress.

Keep hands within eyesight, Keep elbows bent.

Week 10 Minimize overhead activities

(No military press, pull-down behind head, or wide grip bench)

Return to Activities Surgeon Comments:

Computer Early weeks

Golf 12 weeks (chip and putt only)

Throwing Intervals 16 weeks

Tennis 16 weeks (no overhead)

Contact Sports 6 months