



MATTHEW J. DUBIEL M.D. Shoulder and Elbow Surgery



	RANGE OF MOTION	Sling	EXERCISES
PHASE I 0-6 weeks	0-3 weeks: None 3-6 weeks: Begin PROM Limit 90° flexion, 45° ER, 20° extension	0-2 weeks: Immobilized at all times day and night Off for hygiene and gentle home exercise according to instruction sheets 2-6 weeks: Worn daytime only	0-2 weeks: Elbow/wrist ROM, grip strengthening at home only 2-6 weeks: Begin PROM activities Limit 45° ER Codman's, posterior capsule mobilizations; avoid stretch of anterior capsule and extension; No active IR
PHASE II 6-12 weeks	Begin active/active- assisted ROM, passive ROM to tolerance Goals: full ER, 135° flexion, 120° abduction	None	Continue Phase I work; begin active- assisted exercises, deltoid/rotator cuff isometrics at 8 weeks Begin resistive exercises for scapular stabilizers, biceps, triceps and rotator cuff* No resisted IR
PHASE III 12-16 weeks	Gradual return to full AROM	None	Advance activities in Phase II; emphasize external rotation and latissimus eccentrics, glenohumeral stabilization Begin muscle endurance activities (upper body ergometer) Cycling/running okay at 12 weeks
PHASE IV 4-5Months	Full and pain-free	None	Aggressive scapular stabilization and eccentric strengthening Begin plyometric and throwing/racquet program, continue with endurance activities Maintain ROM and flexibility

Subscapularis Repair