

Phase I (Weeks 0-4)

Sling immobilization at all times except for showering and rehab under guidance of PT

Range of Motion –AAROM → AROM as tolerated

- Restrict motion to 140° of Forward Flexion, 35° of External Rotation and Internal Rotation to stomach
- No Internal Rotation up the back/No External Rotation behind the head

Therapeutic Exercise

- Wrist/Hand Range of Motion
- Grip Strengthening
- Isometric Abduction, Internal/External Rotation exercises with elbow at side
- No resisted Forward Flexion/Elbow Flexion (to avoid stressing the biceps origin)

Heat/Ice before and after PT sessions

Phase II (Weeks 4-6)

Discontinue sling immobilization

Range of Motion – Increase Forward Flexion, Internal/External Rotation to full motion as tolerated

Therapeutic Exercise

- Advance isometrics from Phase I to use of a theraband within AROM limitations
- Continue with Wrist/Hand Range of Motion and Grip Strengthening
- Begin Prone Extensions and Scapular Stabilizing Exercises (traps/rhomboids/levator scapula)
- Gentle joint mobilization

Modalities per PT discretion

Phase III (Weeks 6-12)

Range of Motion – Progress to full AROM without discomfort

Therapeutic Exercise – Advance theraband exercises to light weights (1-5 lbs)

- 8-12 repetitions/2-3 sets for Rotator Cuff, Deltoid and Scapular Stabilizers
- Continue and progress with Phase II exercises
- Begin UE ergometer

Modalities per PT discretion

Phase IV (Months 3-6)

Range of Motion – Full without discomfort

Therapeutic Exercise – Advance exercises in Phase III (strengthening 3x per week)

- Sport/Work specific rehabilitation
- Return to throwing at 4.5 months
- Return to sports at 6 months if approved

Modalities per PT discretion