

Rotation Medical Patch

Ultra sling for 2 weeks

Regular sling for weeks 2-3

Phase 0- QUIET

Week 0-1

Quiet in sling with elbow/wrist/hand

Begin active scapular retraction/protraction exercises with therapist cueing

Phase 1 – PASSIVE

Week 1-4

Pendulums to warm-up beginning week 1

Supine External Rotation – 0°-30° beginning at 2 weeks with progression to full PROM by 8 weeks

Supine Forward Elevation - 0°-90° beginning at 2 weeks with progression to full PROM by 8 weeks

Phase 2 – ACTIVE

Week 5-8

Pendulums to warm-up

Active ROM with terminal stretch

Supine Forward Elevation – after 6 weeks, progress gradually to full

Supine External Rotation - after 6 weeks, progress gradually to full

Internal Rotation – Full (begin behind the back)

Begin AROM in supine and progress to upright

Phase 3 – RESISTED

Week 8

Pendulums to warm-up and continue with phase 2

External and Internal Rotation

Seated Rows

Standing forward punch

Bicep Curls

Weight Training

Week 10-12

Keep hands within eyesight, keep elbows bent, no long lever arms

Minimize overhead activities (below shoulder)

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

Initiation of Interval Sport Programs

Golf 3 months (chip and putt only)

Tennis 4 months

Skiing 3-4 months