



Time Post-Reconstruction

Rehab Components

1 – 14 Days

- 1) Prom, pendulum, and gentle wall pulley, exercise (passive)
- 2) Goals – 75% full ROM
- 3) Sling full time for 4 weeks

2 Weeks – 6 Weeks

- 1) Active assisted ROM with wand
- 2) Active, active assisted, and gentle passive ROM. May do pendulum, wall Climbs, wand, pulleys, Towel PRN to help with Motion
- 3) No strengthening yet
- 4) Obtain full motion by 4 weeks except for external rotation
- 5) Sub-maximal isometrics

6 Weeks – 12 Weeks

- 1) Begin shoulder girdle and rotator cuff strengthening. Emphasize close chain overhead strengthening. Example: Have patient lie prone over A large soft ball and Perform push-ups and Scapular stabilization Exercises.