

**Goal:**

- Improve coordination with controlled movement
- Emphasis on return of motion
- Improve low level functioning activities

**Precautions:**

- No heavy lifting of objects
- No excessive behind the back movements
- No supporting of body weight by hands & arms
- No sudden jerking motions

**RANGE OF MOTION (Percentage of uninvolved arm) \*\*\*Okay to begin behind the back ROM activities\*\*\*\*  
Continue ROM exercises**

	FLEXION	SCAPTION	ABDUCTION	ER	IR
Capsulolabral reconstruction	Full	Full	Full	Full	Full
SLAP repair	Full	Full	Full	Full	Full
PASTA Repairs	Full	Full	Full	Full	Full
Rotator Cuff Tear Partial (small to medium)	Full	Full	Full	Full	Full
Rotator cuff tear Large or Complete	80%	80%	80%	80%	80%

**STRENGTH:**

- Begin Active ROM exercises against gravity (except large RTC tear begin at 6 weeks)
- Begin light tubing exercises
- Begin light bicep 0-2 lbs. weight exercise for SLAP repairs

**THERAPIST:**

- Begin light manual therapy in all directions: isometric, concentric, eccentric  
\*Large RTC begin at week 6 (very lightly)
- Continue scapular patterns
- IF ROM still limited, begin stretching and joint mobilizations

**ACTIVITIES:**

- Begin shoulder height activities
- Lift up to 5-10 lbs. to waist level *both hands*
- Speed walk and light jog (no more than 30 minutes) no faster than 5.0 mph (if they have 3+/5 strength)



**External Rotation**



**90/90 ER**

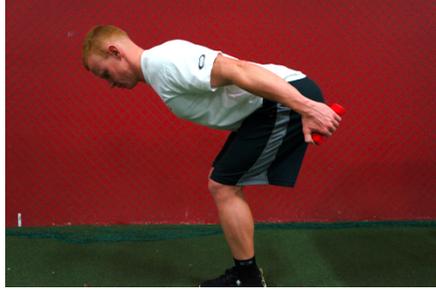


**Behind back**

- Perform all exercises 2 sets of \_\_\_\_\_
- Perform all exercises with controlled movement and hold for 2 seconds at end range



**FLEXION TO 90**



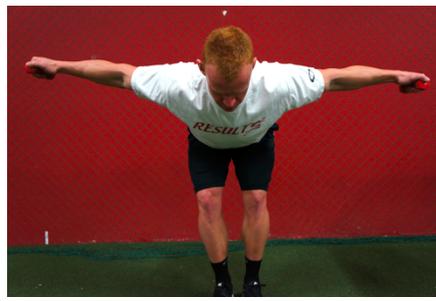
**EXTENSION**



**EXTENSION (OPTIONAL)**



**SCAPTION TO 90 "V"**



**HORIZONTAL ABDUCTION**



**HORIZ ABD (OPTIONAL)**



**CHEST FLY (START)**



**CHEST FLY (END)**



**SIDELYE ER**



**EXTERNAL ROTATION**



**TUBING INTERNAL ROTATION**



**EXTENSION**