

| | Post op |
|----------------------|---|
| Immediate | <ul style="list-style-type: none"> • Sling 4 weeks • Postural advice, Scapula setting & axillary hygiene • Cervical spine, elbow, wrist & hand exercises |
| Day 1-3 Weeks | <ul style="list-style-type: none"> • Passive table slides and gentle active assisted up to 90° flexion/scaption/abduction in sling • Rotation as comfort allows in neutral • No horizontal adduction/cross body flexion for 6 weeks • No hand behind back for 6 weeks • No lifting / loading for 6 weeks • No closed chain proprioception exercises for 12 weeks |
| 3-6 Weeks | <ul style="list-style-type: none"> • Begin weaning off sling for ADLs • Progress active-assisted to active below 90 degrees • Gentle strengthening below 90° (commence in neutral gentle static isometric exercises) • No horizontal adduction/cross body flexion for 6 weeks • No hand behind back for 6 weeks • No lifting / loading for 6 weeks • No closed chain proprioception exercises for 12 weeks |
| 6 Weeks + | <ul style="list-style-type: none"> • Discard sling (if has not already) • Progress active-assisted - active movement above 90° • Strengthening in available range • No closed chain proprioception exercises for 12 weeks |
| 16 weeks + | <ul style="list-style-type: none"> • Sports specific rehabilitation can commence including closed chain proprioception exercises |

| Milestones | |
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| Week 6 | 75% of full ROM, comfortable out of sling |
| Week 12 | Full ROM, 90% to full strength |

Sling – Donjoy Aircast

Return to Functional Activities

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| Driving | 3 weeks |
| Swimming | 6 weeks |
| Contact Sports | 6 months + |
| Lifting | Light - 6 weeks Heavy - 6 months + |
| Work | Sedentary - 3 weeks (limited light lifting duties) Manual - 3 months + |

PHYSIOTHERAPY FOLLOW UP RECOMMENDED WITHIN 2 WEEKS

Agreed with AR 09/09/16: amended 03/08/17: RV 08/18