

	Post op guidelines
Day 1-3 Weeks	<ul style="list-style-type: none"> • Sling until block wears off (completely discarded by 2 weeks) • Teach active assisted exercises in all planes – table slides, no pendulum exercises • Progress to active movements as able • Postural awareness and scapular setting
3-6 Weeks	<ul style="list-style-type: none"> • Progress active range of movement with control and within comfort limits • Progress strengthening as comfort allows

Milestones	
Week 3	Full passive range of movement
Week 6	Full active range of movement, good scapular control

Sling – Donjoy Aircast

Return to Functional Activities

Driving	Once ROM and muscular power restored & patient feels safe
Swimming	As pain allows
Golf	6 weeks
Racquet Sports/Repeated Overhead Activities	2-3 months
Lifting	As able
Work	Sedentary - As able Manual - 6 weeks, may need to modify activity for 3 months

PHYSIOTHERAPY FOLLOW UP RECOMMENDED WITHIN 2 WEEKS