

| | Post op guidelines |
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| Day 1-3 Weeks | <ul style="list-style-type: none"> • Sling until block wears off, wean off ASAP • Teach active-assisted exercises in all planes • Progress to active movements as able • Postural awareness • Scapular setting |
| 3-6 Weeks | <ul style="list-style-type: none"> • Progress active range of movement • Progress strengthening |

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

Sling – Donjoy Aircast

Return to Functional Activities

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| Driving feels safe | Once ROM and muscular power restored & patient |
| 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 5 DAYS