

NOTES

In the clinic

Sling week 1-2 postop:
Shoulder immobilized in standard fixed sling

Sling week 3-5 postop:
Shoulder immobilized in standard sling

Repetitions:
3 sets of 10 repetitions

Movement restrictions for AAROM and AROM:

Flexion: 0°-90° (week 1-5)
Abduction: 0°-90° (week 1-5)
External rot.: 0° (week 1-2)
Internal rotation: no restrictions

Repaired tendon(s) are protected

Specify perceived pain on a scale from 0-10:

0 equals no pain
10 equals the worst imaginable
Pain below 5 is permitted during exercise therapy.
Pain should drop to below 2 after exercise therapy.

Part 1: Tendon protection		Wk	1	2	3	4	5	6	7	8	9	10	12
A	Active elbow extension (supine/ standing)		•	•	•	•	•						
B	Vein pump (spread/collect fingers)		•	•	•	•	•						
C	Rotate forearm (supination/ pronation)		•	•	•	•	•						
D	Lift sternum (retraction of shoulders)		•	•	•	•	•						
E	Head lateral flexion		•	•	•	•	•						
F	Cervical flexion		•	•	•	•	•						

Exercises in sling

Part 2:		Wk	1	2	3	4	5	6	7	8	9	10	12
Passive range of motion (by PT)													
1	Flexion		•	•	•	•	•						
2	Abduction		•	•	•	•	•						
3	Supine external rotation w. 20-60 deg. abd.		•	•	•	•	•						
4	When needed manual guiding of scapula		•	•	•	•	•						
5	When needed manual therapy		•	•	•	•	•						

PROM

Assisted active range of motion		Wk	1	2	3	4	5	6	7	8	9	10	12
6	Reach the foot (flexion)			•	•	•	•						
7	Wash the table (flexion on table)			•	•	•	•						
8	Supine bench press w/ broomstick			•	•	•	•	•					
9	Flexion/ scaption w/ jump rope			•	•	•	•	•					
10	Abduction w/ broomstick			•	•	•	•	•					
11	Supine external rotation w/ broomstick			•	•	•	•	•					

AAROM

Isometric hold		Wk	1	2	3	4	5	6	7	8	9	10	12
G	Squeeze a ball			•	•	•	•	•	•	•			
H	Adduction			•	•	•	•	•	•	•			
I	Internal rotation (not subscapularis lesion)			•	•	•	•	•	•	•			
J	External rotation (not infraspinatus lesion)			•	•	•	•	•	•	•			
K	Abduction			•	•	•	•	•	•	•			
L	Low row (against table)			•	•	•	•	•	•	•			
M	Flexion against wall			•	•	•	•	•	•	•			
N	Extension against wall (flexed elbow)			•	•	•	•	•	•	•			

STRENGTH

Active exercise closed and open chain		Wk	1	2	3	4	5	6	7	8	9	10	12
12	Downward pressure in abduction				•	•	•	•	•	•	•	•	•
13	Low row w/ Thera-Band (extension)				•	•	•	•	•	•	•	•	•
14	Incline plinth sliding (flexion)				•	•	•	•	•	•	•	•	•
15	Sitting bilateral downward press				•	•	•	•	•	•	•	•	•
16	High row with pulley				•	•	•	•	•	•	•	•	•
17	Fitter				•	•	•	•	•	•	•	•	•
18	Prone low row				•	•	•	•	•	•	•	•	•
19	Supine scaption on sloping board				•	•	•	•	•	•	•	•	•
20	Supine internal rotation w/ pulley				•	•	•	•	•	•	•	•	•
21	Supine external rotation w/ pulley				•	•	•	•	•	•	•	•	•
22	Standing internal rotation w/ pulley				•	•	•	•	•	•	•	•	•
23	Lawn mover				•	•	•	•	•	•	•	•	•
24	Standing external rotation w/ pulley				•	•	•	•	•	•	•	•	•
25	Wall slide				•	•	•	•	•	•	•	•	•
26	Backstroke				•	•	•	•	•	•	•	•	•
27	Standing arm elevation in scapular plane				•	•	•	•	•	•	•	•	•
28	Standing shoulder flexion				•	•	•	•	•	•	•	•	•
29	Sidelying external rotation				•	•	•	•	•	•	•	•	•
30	Sidelying shoulder flexion				•	•	•	•	•	•	•	•	•
31	Prone drop/ grab ball				•	•	•	•	•	•	•	•	•
32	Prone external rotation w. 90 deg. elevation				•	•	•	•	•	•	•	•	•
33	Standing protraction w/ pulley (throwing)				•	•	•	•	•	•	•	•	•
34	Standing retraction w/ pulley (throwing)				•	•	•	•	•	•	•	•	•

Level 1

Level 2

Level 3

NOTES

In the clinic

Sling week 1-2 postop:
Shoulder immobilized in standard fixed sling

Sling week 3-5 postop:
Shoulder immobilized in standard sling

Repetitions:
3 sets of 10 repetitions

Movement restrictions:
No active movement within the first 5 weeks postop.

Specify perceived pain on a scale from 0-10:
0 equals no pain 10 equals the worst imaginable
Pain below 5 is permitted during exercise therapy.
Pain should drop to below 2 after exercise therapy.

Part 1: Tendon protection		Wk	1	2	3	4	5	6	7	8	9	10	12
A	Active elbow extension (supine/ standing)		•	•	•	•	•						
B	Vein pump (spread/collect fingers)		•	•	•	•	•						
C	Rotate forearm (supination/ pronation)		•	•	•	•	•						
D	Lift sternum (retraction of shoulders)		•	•	•	•	•						
E	Head lateral flexion		•	•	•	•	•						
F	Cervical flexion		•	•	•	•	•						

Exercises in sling

Part 2:		Wk	1	2	3	4	5	6	7	8	9	10	12
Passive range of motion (by PT)													
1	Flexion		•	•	•	•	•						
2	Abduction		•	•	•	•	•						
3	Supine external rotation w. 20-60 deg. abd.		•	•	•	•	•						
4	When needed manual guiding of scapula		•	•	•	•	•						
5	When needed manual therapy		•	•	•	•	•						

PROM

Assisted active range of motion		Wk	1	2	3	4	5	6	7	8	9	10	12
6	Reach the foot (flexion)					•	•	•	•	•	•		
7	Wash the table (flexion on table)							•	•	•	•	•	
8	Supine bench press w/ broomstick								•	•	•	•	•
9	Flexion/ scaption w/ jump rope								•	•	•	•	•
10	Abduction w/ broomstick								•	•	•	•	•
11	Supine external rotation w/ broomstick								•	•	•	•	•

AAROM

Active exercise closed and open chain		Wk	1	2	3	4	5	6	7	8	9	10	12
12	Downward pressure in abduction							•	•	•	•	•	•
13	Low row w/ Thera-Band (extension)							•	•	•	•	•	•
14	Incline plinth sliding (flexion)							•	•	•	•	•	•
15	Sitting bilateral downward press							•	•	•	•	•	•
16	High row with pulley								•	•	•	•	•
17	Fitter								•	•	•	•	•
18	Prone low row								•	•	•	•	•
19	Supine scaption on sloping board								•	•	•	•	•
20	Supine internal rotation w/ pulley								•	•	•	•	•
21	Supine external rotation w/ pulley								•	•	•	•	•

AROM

Level 1

22	Standing internal rotation w/ pulley								•	•	•	•	•
23	Lawn mover								•	•	•	•	•
24	Standing external rotation w/ pulley								•	•	•	•	•
25	Wall slide								•	•	•	•	•
26	Backstroke								•	•	•	•	•
27	Standing arm elevation in scapular plane								•	•	•	•	•
28	Standing shoulder flexion								•	•	•	•	•
29	Sidelying external rotation								•	•	•	•	•
30	Sidelying shoulder flexion								•	•	•	•	•
31	Prone drop/ grab ball											•	•
32	Prone external rotation w. 90 deg. elevation											•	•
33	Standing protraction w/ pulley (throwing)											•	•
34	Standing retraction w/ pulley (throwing)											•	•

Level 2

Level 3

At home

NOTES

Sling week 1-2 postop:
Shoulder immobilized in standard fixed sling

Sling week 3-5 postop:
Shoulder immobilized in standard sling

Repetitions:
3 sets of 10 repetitions

Frequency:
Range of motion exercises is performed daily.

Strength exercises is performed on the days without PT training.

From week 6 both closed and open chain exercises are performed.

Specify perceived pain on a scale from 0-10:

0 equals no pain
10 equals the worst imaginable

Pain below 5 is permitted during exercise therapy.

Pain should drop to below 2 after exercise therapy.

Part 1: Tendon protection		Wk	1	2	3	4	5	6	7	8	9	10	12
A	Active elbow extension (supine/ standing)		•	•	•	•	•						
B	Vein pump (spread/collect fingers)		•	•	•	•	•						
C	Rotate forearm (supination/ pronation)		•	•	•	•	•						
D	Lift sternum (retraction of shoulders)		•	•	•	•	•						
E	Head lateral flexion		•	•	•	•	•						
F	Cervical flexion		•	•	•	•	•						

Exercises in sling

Part 2:		Wk	1	2	3	4	5	6	7	8	9	10	12
Assisted active range of motion													
6	Reach the foot (flexion)			•	•	•	•						
7	Wash the table (flexion on table)			•	•	•	•	•					
8	Supine bench press w/ broomstick			•	•	•	•	•	•				
10	Abduction w/ broomstick			•	•	•	•	•	•				
11	Supine external rotation w/ broomstick			•	•	•	•	•	•				

ASSISTED ACTIVE

Performed without sling

Isometric hold		Wk	1	2	3	4	5	6	7	8	9	10	12
M	Flexion against wall			•	•	•	•	•					
N	Extension against wall (flexed elbow)			•	•	•	•	•					
I	Internal rotation (not subscapularis lesion)					•	•	•	•	•			
J	External rotation (not infraspinatus lesion)					•	•	•	•	•			
K	Abduction							•	•	•			

STRENGTH

Performed without sling

Active range of motion		Wk	1	2	3	4	5	6	7	8	9	10	12
13	Low row w/ Thera-Band (extension)							•	•	•	•	•	•
18	Prone low row							•	•	•	•	•	•
35	Supine external rotation (hand to neck)							•	•	•	•	•	•
36	Supine internal rotation (hand to lower back)							•	•	•	•	•	•

ACTIVE

At home

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A	Active elbow extension (supine/ standing)		•	•	•	•	•						
B	Vein pump (spread/collect fingers)		•	•	•	•	•						
C	Rotate forearm (supination/ pronation)		•	•	•	•	•						
D	Lift sternum (retraction of shoulders)		•	•	•	•	•						
E	Head lateral flexion		•	•	•	•	•						
F	Cervical flexion		•	•	•	•	•						

Exercises in sling

Part 2: Assisted active range of motion		Wk	1	2	3	4	5	6	7	8	9	10	12
6	Reach the foot (flexion)					•	•	•	•	•	•		
7	Wash the table (flexion on table)							•	•	•	•	•	
8	Supine bench press w/ broomstick							•	•	•	•	•	•
10	Abduction w/ broomstick							•	•	•	•	•	•
11	Supine external rotation w/ broomstick							•	•	•	•	•	•

ASSISTED ACTIVE

Active range of motion		Wk	1	2	3	4	5	6	7	8	9	10	12
13	Low row w/ Thera-Band (extension)							•	•	•	•	•	•
18	Prone low row							•	•	•	•	•	•
35	Supine external rotation (hand to neck)							•	•	•	•	•	•
36	Supine internal rotation (hand to lower back)							•	•	•	•	•	•

ACTIVE