

**PHYSIOTHERAPY GUIDELINES**  
**SHOULDER SURGERIES**

	<b>Acromioplasty or Debridement Partial Cuff Tear</b>	<b>Arthroscopic SLAP repair</b>	<b>Rotator Cuff Repair</b>	<b>Anterior GH Instability: Bankhart</b>	<b>Post GH Instability</b>
Immobilization in Sling (can remove for elbow, wrist and hand)	As tolerated for comfort	3 weeks	Sm. Tear: 2-3 wks. Med. Tear: 3-4 wks. Lg. Tear: 5 wks. Massive: 6 wks.	3-4 wks.	ER 4 wks
Expect normal ROM	3-4 wks	6-8 wks.	PROM Sm – 4-6 wks Med. – 6-8 wks Lg. – 8-10 weeks Massive – 10-12 wks  Full AROM 12-16 wks	8-10 wks	Start supine at 4 wks. Active ROM when full IR to belly
Begin Strength training	3-5 wks.	6-8 wks. Delay flex and supination until 10 wks	Sm – 8-10 wks. Med -10 - 12 wks. Lg/Massive – 14-16 wks.	6 wks avoid forced Abd/ER for 8 wks	No bench X 5 months or hands in front of coronal
Begin throwing program (wind up & overhead)	8 wks	4 months	5 months	4 months	4 months
Golf: Short Clubs Long Clubs	4-6 weeks 6-8 weeks	3 months 4 months	5 months 6 months	3-4 months 4-5 months	4 months 5 months
Contact Sports	2-3 months	5 months	5-6 months	5-6 months	6-7 months