



- () Bicep Release (No Bicep Resistance for 4 weeks)
- () AC Resection
- () Subacromial Decompression

Sling worn for comfort

May advance rehabilitation as rapidly as motion and pain allows

Phase 1 (Passive)

Week 1

- Full Forward Elevation, ER/IR
- Pendulums

Phase 2 (Active)

Week 2

- Full forward elevation, ER/IR
- Pendulums
- UBE
- T-Bar Flexion/ER
- Terminal Stretch

Phase 3 (Resisted)

- Full forward elevation, ER/ER
- Periscapular Strengthening

Return to Activities:

- Computer: 1-2 weeks
- Golf: 4 weeks
- Tennis: 8 weeks
- Throwing: 4 months