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## **Phase III: 6 Weeks to 12 Weeks**

### **Goals:**

- Maintain and promote cardiovascular capability.
- Achieve full active range of motion in all planes.
- Promote peri-scapular proprioception and motion.
- Continue maintenance of general cardiovascular health and fitness.
- Return to Work:
  - Able to return to manual and overhead activities but no lifting weight with operative extremity, no gripping, no torquing.

### **Precautions:**

- No overhead lifting.
- No resisted active internal rotation.
- No weight training.
- May begin driving once range of motion has been regained.

### **Bracing:**

- Discontinue sling.

### **Exercises:**

- Begin active-assisted and active ROM with glenohumeral forward flexion (up to 140°), external rotation (up to 45°).
  - Pulley, Wands, Walk the Wall, etc
- Gentle passive ROM in all planes.
- Anterior deltoid retraining exercises.
- Continue pendulum exercises.
- Perform scapular mobilization.
- Periscapular proprioception, strengthening, and postural work.
- Promote core strengthening.
- Promote cardiovascular fitness.
- Implement functional rehabilitation as well based on patient goals.

### **Criteria for Progression:**

- Full active-assisted range of motion of the shoulder with forward elevation (140°) and external rotation (~30-60°; approximately 75% of contralateral unaffected side).