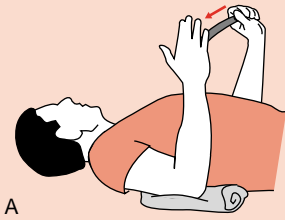


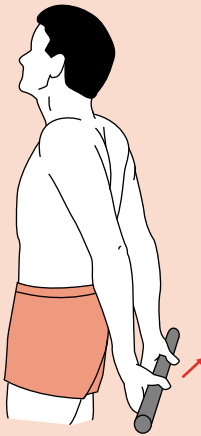


Protective Phase (1–6 weeks)

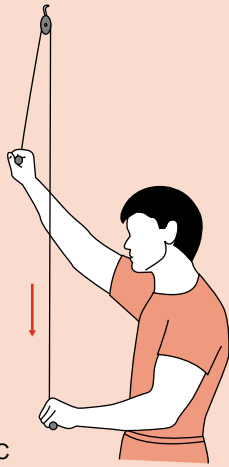
- Sling protection is used for 2 to 3 days and up to 6 weeks at night.
- Pendulum exercises (see Fig. 26-16) are initiated within the first 48 hours.
- Self-assisted ROM exercises are initiated at the end of the first week (A, B, C).



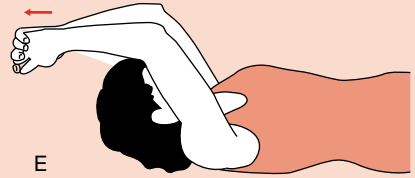
A



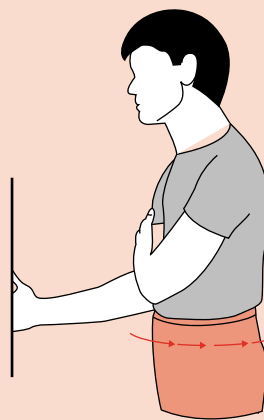
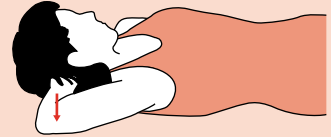
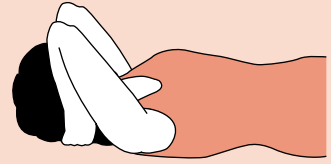
B



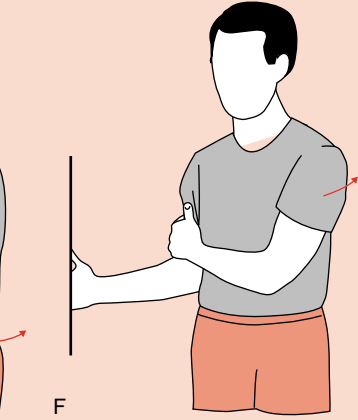
C



E

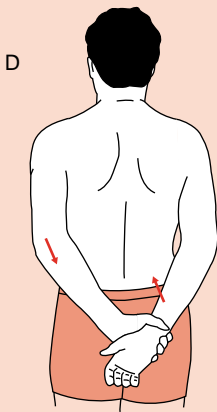


F



Early Intermediate Phase (6 weeks–3 months)

- Additional self-assisted ROM exercises are prescribed 6 weeks after surgery (D, E, F).



D

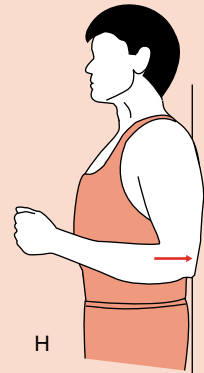
- If motion is restricted at this time, *gentle* passive stretching by the physical therapist is indicated.

Late Intermediate Phase (3 months–5 months)

- Isometric exercise may be introduced 3 months after surgery (G, H, I, J).
- Isometric exercise is progressed to dynamic exercise based on the physician's recommendations (K, L).



G



H

(continued)