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1. 2 to 3 visits per week, 5 times a week home program
  1. Sling may be discontinued POD #1 and worn for comfort only and sleeping if desired
  2. Active and passive range of motion of the neck, elbow, wrist and hand should be performed 5 times/day everyday
  3. Passive pendulum exercises should be started immediately and performed 5 times a day
  4. Passive and active-assisted shoulder range of motion exercises should be started with no motion limitations
  5. Please focus on normalizing scapulohumeral kinematics
  6. Periscapular range of motion exercises should also be performed
  7. Isometric strengthening exercises can begin in all planes
  - 8.

1. 3 to 5 times a week home program. May need physical therapy supervision for functional training.
2. Begin advanced strengthening with weights, dumbbells and bands to include muscles of the shoulder girdle, rotator cuff, and periscapular areas.
3. May begin functional training exercises including swimming, tennis, or an interval throwing program (if a thrower)
4. Begin gradual return to previous sports/activities/work duties under controlled conditions
5. Full return to sports/activities/full work duties are pending Dr. Kaar or Cutuk's approval based upon the following criteria:

1. Full functional range of motion
2. No pain or tenderness
3. Satisfactory muscular strength
4. Satisfactory clinical examination