

### Rest and Healing

Sling Immobilizer: At all times except exercises

HEP: Distal ROM with scapular retraction

Manual scapular manipulation with patient lying on non-operative side

Supine passive FF in scapular plane to 100

Supine passive ER to 0

### Protective/Early Motion Phase

Sling Immobilizer: At all ti

Lat pull downs

Row machine

Chest press

- Flexibility: side-lying post capsule stretch
- Progress scapular stabilization program
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