**RANGE OF MOTION** | **SLING** | **EXERCISES**
---|---|---
**PHASE I**  
0-4 weeks | PROM as tolerated*  
0-2 weeks: Worn for comfort only  
2-4 weeks: Discontinue  
| 0-2 weeks: Elbow/wrist/hand ROM, pendulums, wall stretch at home per instruction sheets  
2-4 weeks: Grip strengthening, pulleys/canes, elbow/wrist/hand ROM, pendulums  
Deltoid cuff isometrics  
Begin scapular protraction/retraction  
|  
**PHASE II**  
4-8 weeks | Increase as tolerated to full  
| None  
| Advance isometrics with arm at side, rotator cuff and deltoid  
Advance to therabands and dumbbells as tolerated, capsular stretching at end-ROM to maintain flexibility  
|  
**PHASE III**  
8-12 weeks | Progress to full without discomfort  
| None  
| Advance strength training as tolerated  
Begin eccentrically resisted motions and closed chain activities  
Advance to sport and full activity as tolerated after 12 weeks  
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*If a distal clavicle excision is performed, horizontal adduction is restricted for 8 weeks post-op*