

- Rehab protocol is same for arthroscopic and open technique.
 - Biceps loading is not allowed for first 12 weeks (3 months) in order for bone-tendon healing.
 - Throwing or overhead sports are not allowed until week 20.
- **Phase 1: Protective Phase (Day 1 to Week 6)**
 - Arm placed into ultrasling for first 6 weeks
 - Immediately after surgery, passive and gentle active-assisted range of motion exercises are initiated under the guidance of a physical therapist and are limited to flexion and scaption to 90 degrees, external rotation to 30 degrees, and internal rotation to 45 degrees for the first 4 weeks.
 - Starting week 5, range of motion is increased with flexion and scaption to full, external rotation to 50 degrees, and internal rotation to 60 degrees.
- **Phase 2: Moderate Protection Phase (Weeks 7 to 12)**
 - Sling is discontinued.
 - Both active and passive range of motion are increased with a goal of full motion by week 10.
 - Starting week 10, submaximal isometrics and active range of motion are initiated.
 - Can begin more aggressive exercises for rotator cuff and scapulothoracic musculature.
- **Phase 3: Minimum Protection Phase (Weeks 13-20)**
 - Isotonic elbow flexion and forearm supination are initiated along with light plyometric activities.
- **Phase 4: Advanced Strengthening Phase (Weeks 21 to 26)**
 - Goals are to increase functional activities and return to sport.
 - Overhead athletes may slowly begin their sport specific activities.