



Franklin Office
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Range of Motion (ROM) PROM: - Starts at week 0 AAROM: - Starts at week 0 AROM: - Starts at week 4 Strengthening - Starts at week 8 Sling Use (while not in PT) - Full-time: weeks 0-4 - When out-and-about: weeks 4-6 - Discontinue sling: after week 6 Goals - Full PROM by 4 weeks - Full AROM by 10 weeks -Light daily activities by 10 weeks - Full strength / return to normal activity at 24 weeks Notes - No active elbow flexion x 6 weeks - No lifting early - No excessive shoulder extension - 5 lb limit 6-8 weeks	X = Perform exercise	Week														
	Early Therapy	1	2	3	4	5	6	7	8	9	10	12	16	20	24	
	Pendulums	X	X	X	X	X	X									
	Cervical, Elbow, Wrist, Finger ROM	X	X	X	X	X	X									
	Ball Squeeze	X	X	X	X	X	X									
	Scapular Retraction/Depression	X	X	X	X	X	X									
	Ankle Pumps	X	X	X	X	X	X									
	Passive Range of Motion (PROM)	1	2	3	4	5	6	7	8	9	10	12	16	20	24	
	Forward Elevation	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
	External Rotation (Scapular Plane)	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
	Internal Rotation (Scapular Plane)	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
	Active Assist Motion (AAROM)	1	2	3	4	5	6	7	8	9	10	12	16	20	24	
	Forward Elevation	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
	External Rotation (Scapular Plane)	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
	Internal Rotation (Scapular Plane)	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
	Elbow Flexion					X	X	X	X	X	X	X	X	X	X	
	Active Range of Motion (AROM)	1	2	3	4	5	6	7	8	9	10	12	16	20	24	
	Forward Elevation							X	X	X	X	X	X	X	X	
	External Rotation (Scapular Plane)							X	X	X	X	X	X	X	X	
	Internal Rotation (Scapular Plane)							X	X	X	X	X	X	X	X	
	Elbow Flexion							X	X	X	X	X	X	X	X	
	Isotonic Strengthening	1	2	3	4	5	6	7	8	9	10	12	16	20	24	
	Prone Rows to Neutral								X	X	X	X	X	X	X	
	Prone Horizontal Abduction								X	X	X	X	X	X	X	
	Forward Elevation to 90 degrees								X	X	X	X	X	X	X	
	Elbow Flexion/Extension								X	X	X	X	X	X	X	
	General Strengthening	1	2	3	4	5	6	7	8	9	10	12	16	20	24	
	Lat Pulldown (narrow grip)											X	X	X	X	
	Forward Punch/Dumbbell Chest Press											X	X	X	X	
	Machine Rows											X	X	X	X	
	Bicep Curl/Triceps Extension											X	X	X	X	
	Close Chain Stabilization											X	X	X	X	
	Sports	1	2	3	4	5	6	7	8	9	10	12	16	20	24	
	Swimming													X	X	
Overhead / Serving Sports														X		
Contact Sports														X		
Activities of Daily Living w/ Arm	1	2	3	4	5	6	7	8	9	10	12	16	20	24		
Eating/Drinking							X	X	X	X	X	X	X	X		
Dressing							X	X	X	X	X	X	X	X		
Showering							X	X	X	X	X	X	X	X		

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