STAGE 1: 0-6 wks Post Op

**STAGE GOALS**
- Maintain integrity of repair
- Don't over-stress healing tissue
- Gradually increase ROM

**EXERCISES**
1. Pendulums: Shoulder placed underwater. Let arm relax and hang. Shoulder traction may be progressed using a weight and/or water current.
2. Walkaways: Place hand on bar, stair, or top of pool and slowly walk backward allowing shoulder to stretch into shoulder flexion. This exercise can be used for shoulder scaption and abduction stretching as well.
3. Active assisted range of motion (AROM): Shoulder placed underwater. Use a stick or non-injured arm to gently move and stretch the injured/surgical arm.
4. Active range of motion (AROM): Flexion abduction, external rotation and internal rotation. Active motion should be started 30°/sec (not before 3 weeks).
5. Prone scaption or “Y’s”: Use a flotation device or pool noodle to help with floating in the prone position. Start with elbow extended and raise the arm with the thumb pointing toward the surface of the water into a “Y” position while pinching the shoulder blades.
6. Push-up “plus” against the wall, water current, or as in the picture. Start in a push up position with hands against the wall. Perform scapular protraction and retractions while keeping the elbows extended. (Note: pictured exercise is a high level of difficulty progression)

**STAGE 2: 6-12 wks Post Op**

**STAGE GOALS**
- Maintain integrity of repair
- Don't over-stress healing tissue
- Gradually increase ROM to full
- Re-establish dynamic shoulder stability
- Maintain integrity

**EXERCISES**
3. Standing Rhythmic Stabilization Facing Current
4. Standing Horizontal T: Stand in pool and place thumbs facing up toward the surface of the water with elbows extended. Bring the arms back into a “T” position, pinching shoulder blades together.
5. Scapular Retraction: Stand upright and pinch shoulder blades together. This can be performed with elbows straight or extended.

**STAGE 3: 12-18 wks Post Op**

**STAGE GOALS**
- Progress rotator cuff strengthening and shoulder stability
- Progress functional training

**EXERCISES**
1. Exercise diagnosis in still motion
2. Standing Scaption
3. Standing 90/90's: 90° flexion and 90° abduction with internal rotation and/or external rotation

**STAGE 4: 18-26 wks Post Op**

**STAGE GOALS**
- Antique range of motion
- Increase specific strength
- Progress functional training

**EXERCISES**
1. Bedside standing with upper body resistance
2. Throwing patterns and throwing times facing your throwing arm, etc.
3. Other exercises can be progressed by increasing speed, moving against current, using water, etc.

**After this stage patient or client should transition out of pool.**

Always consult a medical health professional before performing any of these interventions.