

MODIFIED WEAVER-DUNN PROCEDURE

Revised May 2005

Post-op Days 1 – 7

Sling x 4 weeks – Even while sleeping
– Place pillow under shoulder / arm while sleeping for comfort
Hand squeezing exercises
Elbow and wrist AROM with shoulder in neutral position at side
Supported pendulum exercises
Ice pack

Goals

Pain control
Protection

Weeks 1 – 4

Continue sling x 4 wks
Continue appropriate previous exercises
Gentle shoulder shrugs / scapular retraction without resistance
AAROM supine with wand
– Flexion to 90 degrees
– Abduction to 60 degrees
– ER as tolerated
1-2 Finger Isometrics x 6 (fist in box)
Stationary bike (must wear sling)

Goals

Pain control
AAROM Flexion to 90 degrees, Abduction to 60 degrees

Weeks 4 – 6

D/C Sling
Continue appropriate previous exercises
AAROM supine with wand – ER as tolerated, Flex and Abd same as above
Full pendulum exercises
Light Theraband ex – ER and IR with pillow or towel roll under arm
– Flexion, Extension, Abduction, Scaption to 60 degrees
Standing rows with Theraband
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Biceps and supine Triceps PREs with light weight
Treadmill – Walking progression program

Goal – Maintain AAROM Flexion to 90 degrees, Abduction to 60 degrees

Weeks 6 – 8

Continue appropriate previous exercises
AAROM – Flexion and Abduction to 90 degrees (supine wand)
– ER as tolerated
– IR as tolerated (wand behind back)
Theraband ex with increased resistance as tolerated
Body blade
UBE forwards and backwards at low resistance
Elliptical trainer
Stairmaster

Goals

AAROM Abduction to 90 degrees
Normal rotator cuff strength

Weeks 8 – 10

Continue appropriate previous exercises
AAROM through full range (wand, pulley, wall climb)
AROM in pain-free range
Prone scapular retraction exercises (light weight)
BAPS on hands
Ball on wall (arcs, alphabet)
Push-up plus against wall
Pool therapy

Goals

Full AAROM
30 wall push-ups

Weeks 10 – 12

Continue appropriate previous exercises
Push-up progression – Wall to table
Ball toss with arm at side
Treadmill – Running progression program

Goals

Full AROM
30 table push-ups

Months 3 – 4

Continue appropriate previous exercises
Push-up progression – Table to chair
Ball toss overhead
Fitter on hands

Weight training with light weight

Goals

Run 2 miles at easy pace
30 chair push-ups

Months 4 – 6

Continue appropriate previous exercises
Push-ups, regular
Sit-ups
Swimming
Running progression to track
Progressive weight training program
Transition to home / gym program

Goals

Resume all activities
Pass APFT at 9 months post-op

No contact sports until 9 months post-op