

- Sling (Rigid Abduction Orthosis) at all times for 4 weeks, including sleep
- Can move shoulder ASAP with pendulum exercises and therapy
- No external rotation past 25 degrees for 1st 6 weeks if subscapularis is repaired
- Limitations to both external rotation and internal rotation behind the back
- No lifting > 5 lbs.
- Antibiotics before going to dentist
- Follow up within first 3 days of surgery for wound check
- Follow up 2 weeks to obtain Grashey and Scapular Y x-rays