

# SHOULDER ACTIVITY LEVELS

Following surgery, your surgeon will prescribe safe shoulder activity and movement levels. These levels describe your initial limits for optimal healing, not to be exceeded.

Education and training will start with the lowest applicable level initially and increase in intensity towards these safe limits.

Do not progress to the next level until you are cleared by your surgeon or therapist. Progressing to a higher level is based upon evidence-based surgical protocols, tissue healing time, and care team assessments.

## REHABILITATION GOALS:

- ✓ Strengthen the muscles supporting your repaired shoulder
- ✓ Increase your functional range of motion to your needs
- ✓ Return to normal shoulder mechanics
- ✓ Prevent re-injury with gradual progression of activity
- ✓ Safely return to work and recreational activities

