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MODIFIED WEAVER-DUNN PROCEDURE (Rehabilitative Guidelines)

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Post-op Days 1 – 7

POD 2: Change dressing, remove pain pump, keep wound covered
POD 7: Sutures out – Physical Therapy or Ortho
Sling x 4 wks – even while sleeping
Supported pendulum exercises
Hand squeezing exercises
Elbow and wrist AROM with shoulder in neutral position at side
Stationary bike
Ice pack PRN
Sleep with pillow under arm for comfort

Goal – Pain control

Weeks 1 – 4

Continue sling x 4 wks
Continue appropriate previous exercises
Shoulder shrugs/scapular retraction without resistance
Supine AAROM flexion to 90 degrees only
Supine AAROM abduction to 60 degrees only
AAROM ER as tolerated
1-2 Finger isometrics – 6-way, pain-free

Goals

Supine AAROM: flex 90 degrees, abd 60 degrees
Pain control

Weeks 4 – 6

D/C sling at 4 weeks
Pendulum exercises
Continue supine AAROM flex to 90 degrees and abd to 60 degrees only
Light Theraband

- External and Internal rotation with pillow or towel roll under arm
- Flexion, Extension, Abduction, Adduction to 60 degrees max

Scapular retraction exercises with Theraband
Initiate shoulder stabilization exercises
Supine triceps strengthening with light weight
Biceps curls with light weight
Treadmill – Walking progression program

Goal – Normal rotator cuff strength

Weeks 6 – 8

Continue appropriate previous exercises
Supine AAROM to 90 degrees flex and abd
Rotator cuff PREs with Theraband
Body blade
Push-ups against wall – hands below shoulder level
UBE
Elliptical trainer
Treadmill – Continue walking program

Goals

Supine AAROM to 90 degrees flex and abd
Walk 2 miles at 15 min/mile pace

Weeks 8 – 10

Continue appropriate previous exercises
AAROM to tolerance with wand, pulley, wall climb – full range
AROM in pain-free range
Prone horizontal shoulder abduction PREs
Rowing on Total Gym level 1-3
Ball toss with arm at side
Fitter, Stairmaster on hands
Push-up progression – Wall to table
Stairmaster
Treadmill – Begin jogging
Pool therapy

Goal – Full ROM

Weeks 10 – 12

Continue appropriate previous exercises
Push-up progression – Table to chair to knees
Ball toss overhead
Treadmill – Running progression program

Goals

Run 2 miles
30 push-ups on knees

Months 3 – 6

Advance weight training program
Push-ups – regular
Continue aerobic conditioning
Swimming

Goals

Resume all activities
Pass APFT at 6 months post-op

No contact sports until 6 months post-op