



Shoulder Arthroscopy Debridement

Post-Operative Rehabilitation Protocol

0-4 weeks

- Shoulder abduction sling for comfort (1-2 days) then discontinue
- Passive to Active shoulder ROM as tolerated
 - 140° Forward Flexion
 - 40° External Rotation with arm at side
 - Internal rotation behind back with gentle posterior capsule stretching
 - No rotation with arm in abduction until 4 weeks
- With distal clavicle excision, hold cross body adduction until 8 weeks.
- Grip Strength, Elbow/Wrist/Hand ROM, Codman's
- Avoid Abduction and 90/90 ER until 8 weeks

4-8 weeks

- Advance ROM as tolerated
 - Goals: FF to 160°, ER to 60°
- Begin Isometric exercises
- Progress deltoid isometrics
- ER/IR (submaximal) at neutral
- Advance to TheraBand as tolerated

8-12 weeks

- Advance to full, pain-free ROM
- Continue strengthening as tolerated
- Begin eccentrically resisted motion and closed chain activities
- Only do strengthening 3 times/week to avoid rotator cuff tendonitis

Shoulder Abduction Sling

Sling on x 1-2 days for comfort then can discontinue

ROM Restrictions

PROM beginning POD
1. Progress to AROM as tolerated.



Exercise	Week													
	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Initial Exercises:														
Active ROM: Elbow, Wrist, & Hand														
Pendulums														
Supine Elevation in Scapular Plane (140°)														
Scapular Stabilization														
Deltoid Isometric in Neutral														
Passive ROM														
Pulley/Cane Exercises														
Sling Discontinuation														
Advanced Exercises:	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Begin Active ROM														
Light Resisted Isometrics														
Light Stretching at End Ranges														
Upper Body Ergometer														
Eccentrically Resisted Motions/Plyometrics														
Sports Related Rehab														
Cardiovascular Exercises:	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Bike														
Elliptical Trainer														
Rowing														
Stair stepper														
Agility Exercises:	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Running Progression														
Functional Sports Test														
High Level Activities:	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Golf Progression														
Return to Throwing														
Return to Throwing from the Pitcher's Mound														
Return to Full/Collision Sport at 4-6 months post-op														

Adapted from post-operative protocol created by Howard Head Physical Therapy, Jill Monson, PT, OCS and Jon Schoenecker, PT, OCS, CSCS