

Shoulder Arthroscopy Debridement – Rehab Protocol

0-4 Weeks:

- 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 wks
- With distal clavicle excision, hold cross body adduction until 8wks.
- Grip Strength, Elbow/Wrist/Hand ROM, Codmans
- Avoid Abduction and 90/90 ER until 8wks

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, painless ROM
- Continue strengthening as tolerated
- Begin eccentrically resisted motion and closed chain activities
- Only do strengthening 3times/wk to avoid rotator cuff tendonitis