

## Postoperative Rehabilitation Protocol for

### General Shoulder Arthroscopy

(Debridement, Subacromial Decompression, and/or Distal Clavicle Excision)

#### Phase 1 (0-2 weeks)

- Modalities as needed
- Sling until comfortable, or until follow up with doctor.
  - May remove for sleep and stretching/ROM exercises
  - Most patients are fully out of sling by 1-2 weeks post op
- RC isometrics into flexion, extension, abduction, adduction, IR/ER in neutral
- Scapular exercises—elevation with shrugs, depression, protraction, retraction with manual resistance
- Active/assisted/passive ROM with shoulder pulleys in all directions as tolerated, progress to full
  - Flexion 90°
  - Abduction 90°
  - IR 90°
  - ER 45°
- *\*\*Avoid horizontal adduction stretching for six weeks with distal clavicle resection*

#### Phase 2 (2-4 weeks)

- Rotator cuff exercises IR/ER with Theraband or tubing with arm abducted 20-30°
- If able, may progress further as below

#### Phase 3 (4-6 weeks)

- Continue as above
- Advance ROM as tolerated
- Begin isotonics for core rotator cuff strengthening, advance the weight on all exercises to 6-8 pounds, 5-6 sets of 15-20 reps
- Begin isotonics for scapular strengthening, progress as heavy as tolerated (elevation, depression, protraction and retraction)
- Proprioception exercises—rhythmic stabilization, physioball balance exercises, etc.
- PNF patterns D1 and D2 resistance as tolerated
- Isokinetic exercises

#### Phase 4 (6+ weeks)

- Begin conventional weight lifting with machine weights and progress slowly to free weights as desired
- Full ROM isokinetics