
Shoulder Arthroscopic Debridement

- Obtain pain free passive and active ROM with appropriate mechanics
- Diminish early pain and inflammation
- Less assertive therapy produces improved motion, strength, patient satisfaction, and functional outcomes
- If in doubt, LESS is MORE when doing shoulder rehabilitation
- No forceful manual stretching is indicated in any case
- No wall crawl/arm bike for minimum of 6 weeks
- In sling for 2-3 weeks - may come out at home in a quiet controlled environment
- No use of involved upper extremity unless directed by the surgeon

0-2 weeks

Codman's, circumduction only; *no swaying of the body
Wrist/hand ROM, light, pain free grip strength

2-4 weeks

PROM:FF 140 degrees passively

Begin active assisted FF in supine position with wand (with pronated hand)

May start standing active assisted FF with wand depending upon pain level

ER 40 degrees passively in scapular plane

~gently as tolerated per pain and per end feel

Scapular sub-pain and submaximal isometrics (shrugs/retraction only)

Home Program:

Codman's circumduction only; *no swaying of the body

Supine passive elevation with wrist grabbing with contralateral hand

Supine ER with wand in scapular plane 40 degrees

May use recumbent bike for cardiovascular exercise at 4 weeks

4-8 weeks

A-PROM: FF full passively
ER as tolerated per pain and per end feel

Initiate use of pulley in sagittal plane only
~Work to scapular plane only as tolerated by pain
Start IR 30 degrees in scapular plane per pain and per end feel
Passive IR to 45-60 degrees in scapular plane
~gently as tolerated per pain and per end feel
NO forceful stretching

The patient must have full, PAIN FREE AROM before initiating following strengthening:

Short lever scapular exercises (begin Tband at yellow)
Tband bilateral rows
Tband triceps extension at zero degree abduction
Bent over single arm rowing starting with 1-2 lb dumbbell weight
Elbow flexion starting with 1-2 lb dumbbell weight

If the patient can tolerate above exercises WITHOUT ANY PAIN:

Tband IR and ER
Flexion and scaption to 90 degrees starting with 1-2 lb dumbbell weight
Prone horizontal abduction starting with 1-2 lb dumbbell weight
Side lying ER starting with 1-2 lb dumbbell weight
Tband PNF D2 extension
Wall closed-chain progressions

8-12 weeks

Continue above strengthening exercises if the patient has full PAIN FREE AROM
May increase 1-2 lb of weight every 10-14 days
Progress functional strengthening program
May begin light plyometric program with basketball, volleyball

No throwing/golfing/ other impact activities for 3-4 months after surgery