

Postoperative Rehabilitation Protocol for General Shoulder Arthroscopy

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



Dr. MacLean

Phase 1: postoperative weeks 0-2

- 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: postoperative weeks 2-4

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

Phase 3: postoperative weeks 4-6

- Continue as above
- Advance ROM as tolerated
- Begin isotonic for core rotator cuff strengthening, advance the weight on all exercises to 6-8 pounds, 5-6 sets of 15-20 reps
- Begin isotonic 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: postoperative weeks 6+

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

*If you have any problems or questions,
please call your doctor's office (8am-5pm).*

Answering service for after hours.

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