

POST-OPERATIVE SHOULDER ARTHROSCOPY REHAB GUIDELINES

Diagnosis/Surgery: _____

Frequency – twice per week for 6-8 wks

IF BICEPS TENODESIS: no biceps strengthening until 8wks

PHASE 1: WEEKS 0-4

Goals:

1. Decrease pain, inflammation
2. Restore ROM
3. Prevent stiffness

Activity:

1. Sling for comfort only
2. Active elbow, wrist, hand ROM
3. Modalities to decrease pain/swelling
4. Initiate active assisted ROM as tolerated
5. Passive ROM/stretching to regain full ROM
6. Scapular stabilization and posture exercises
7. Avoid repetitive and overhead exercises

PHASE 2: WEEKS 5-8

Goals:

1. Begin strengthening
2. Gradual return to activities

Activity:

1. Begin gentle isometric strengthening
2. Avoid overly repetitive theraband exercises
3. Scapular stabilization – closed chain
4. Rhythmic stabilization
5. Advance to pulleys at week 6
6. Develop home ROM program

PHASE 3: WEEKS 8-12

Goals:

1. Continue strengthening
2. Sport specific training

Activity:

1. Advance rotator cuff strength – low weights, high reps
2. Dynamic stabilization
3. Plyometrics
4. Sport specific training, work hardening
5. Gradual return to overhead, throwing, contact sports after 12 wks

Additional Instructions:

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Date



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