



THE STONE CLINIC
ORTHOPAEDIC SURGERY, SPORTS MEDICINE AND REHABILITATION
SHOULDER ARTHROSCOPY
Post-Operative Physical Therapy Protocol

General Considerations:

- Use of a sling for 1-2 weeks post-op unless otherwise indicated.
- Maintenance of good postural positioning when performing all exercises.
- Aerobic conditioning throughout the rehabilitation process .
- M.D. follow-ups Day 1, 4 weeks, 3 months, 6 months and 1 year.
- All active exercises should be carefully monitored to minimize substitution or compensation .

Week 1 post-op:

-Nurse visit day 2 to change dressings and review home exercise program.

Manual: -Soft tissue mobilization to surrounding tissues, effleurage for edema.
-Passive range of motion in all planes as tolerated.

Exercises: - Elbow flexion and extension, wrist and forearm strengthening.
-Cervical stretches, scapular squeezes, lower trap squeezes.
-It is important to come out of the sling frequently to bend and straighten elbow for 10-15 repetitions each time to minimize arm and hand swelling
-Well-body cardiovascular exercise (stationary bike, elliptical without arms, stairmaster).

Goals:

Decrease pain and edema.

Passive range of motion flexion, scaption to 90 degrees, external rotation to 30 degrees.

Weeks 2 - 4:

-Nurse visit for stitch removal at Day 14.

Manual:-Continue soft tissue treatments, passive range of motion, scapula glides, light joint mobilizations as tolerated
-Pain control (i.e. cryotherapy, massage, electric stimulation).

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Exercises: -Begin isometrics in all planes
-Initiate active range of motion in all directions as tolerated.
-Scapular strength training exercises with theraband.
-General conditioning as tolerated (include trunk flexion & extension exercises).

Goals:
Decrease pain and edema.
Passive range of motion flexion, scaption to 120 degrees, external rotation to 60 degrees.
Active range of motion flexion, scaption, abduction to 90 degrees with good mechanics.

Weeks 4 - 6:

Manual: -Continue as needed for soft tissue, fascial, and joint mobility.

Exercise: -Progress strength training exercises including weight bearing exercises, theraband exercises, and gym exercises.

Goals:
Full passive/active range of motion

Weeks 6-8:

Manual: - Continue as needed for soft tissue, fascial, and joint mobility.

Exercise: -Continue to advance rotator cuff strengthening in multiple planes of movement (wall ball dribbling, step ups/downs in plank, prone scapular strengthening with weights).
-Initiate light throwing type activities.

Weeks 8+:

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| <ul style="list-style-type: none">-Initiate sport specific training as tolerated with no pain.-Continue strengthening, endurance training, and overall fitness. |
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