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).
## Shoulder Arthroscopy

**Post-Operative Physical Therapy Protocol**

### 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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SHOULDER ARTHROSCOPY
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- Initiate sport specific training as tolerated with no pain.
- Continue strengthening, endurance training, and overall fitness.

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