

Shoulder Arthroscopy, Debridement

Post-Op	Goals	Precautions	Exercises
Weeks 0-4 PT 1-2x/week HEP daily	Edema and pain control FF 140°, ER 40° IR behind back	Sling 0-2 weeks for comfort only DC sling over 2-4 weeks No abduction >90° No rotation in 90° abduction	Elbow, wrist, hand ROM Codman/Pendulum Shoulder P/AA/AROM as tolerated Isometrics (arm at side), begin at 2 weeks Posterior capsule stretch Posture training
Weeks 4-8 PT 2-3x/week HEP daily	FF 160°, ER 60°	No sling	Advance P/AA/AROM as tolerated Advance isometrics Progress to bands as tolerated
Weeks 8-12 PT 2-3x/week HEP daily	Full ROM Return to activity	None	Continue ROM exercises Strengthening eccentric/closed chain
Weeks 12+ HEP daily	No restrictions	None	Maintenance exercises

AMENDMENTS TO PROTOCOL FOR CONCOMITANT PROCEDURES

Distal Clavicle Excision: Weeks 0-8: no cross-body adduction, abduction >90°, or rotation in 90°

Biceps Tenodesis:

Weeks 0-4: sling while not doing exercises, no elbow flexion >1 lb.

Weeks 4-8: DC sling, begin biceps isometrics

Weeks 8+: begin biceps resistance training