Arthroscopic Shoulder Rehabilitation
Phase I (1-3 weeks post-op)

Goal:
• Maintain integrity of the repair
• Initiate safe and gradual passive range of motion
• Initiate sub maximal isometric exercises
• Diminish pain and inflammation
• Decrease muscle tightness and spasms

Precautions:
• No lifting of objects
• No functional use of affected hand
• No driving
• Minimal computer work 15-20 minutes • no greater than 2 hours total (AFFECTED arm must be in sling)

Sling: All diagnoses below are required to wear sling x 4 weeks post-op unless specified
• Rotator Cuff Tear Partial (small to medium)
• Rotator cuff tear Large or Complete
• Capsulolabral reconstruction
• SLAP repair
• PASTA Repairs

RANGE OF MOTION
10 days post-op: All above procedures Flexion and Scaption to 90 Pulleys, and non-swinging pendulums

STRENGTH:
All procedures begin @ 3 weeks post-op
sub-max isometrics 1-2x 10 reps: flex, ext, ER IR, and ABD (except for massive rotator cuff tears)

THERAPIST:
• Initial evaluation
• PROM in Flexion, Scaption, and ABDuction and gentle short range IR/ER @ 0 of ABD
• Soft tissue mobilization to upper, mid and lower trap
• Decrease pain modalities

Activities:
No functional use of the involved arm
Standing Pulley Flexion

Pulley Scaption “V”

Pulley External Rotation

Pulley Flexion

Pulley Scaption “V”

Pendulum

Directions: perform 1-2x/day
2 sets x 10-12 reps
Push very lightly against the wall hold for 2-3 seconds

Flexion

Abduction

External Rotation

Internal Rotation