Arthroscopic Shoulder Rehabilitation
Phase III - WEEK 6-8

Goal:
- Improve coordination with controlled movement
- Emphasis on return of motion
- Improve low level functioning activities

Precautions:
- No heavy lifting of objects
- No excessive behind the back movements
- No supporting of body weight by hands & arms
- No sudden jerking motions

RANGE OF MOTION (Percentage of uninvolved arm) ***Okay to begin behind the back ROM activities***

Continue ROM exercises

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<thead>
<tr>
<th></th>
<th>FLEXION</th>
<th>SCAPTION</th>
<th>ABDUCTION</th>
<th>ER</th>
<th>IR</th>
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<tbody>
<tr>
<td>Capsulolabral</td>
<td>Full</td>
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<tr>
<td>reconstruction</td>
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<td>SLAP repair</td>
<td>Full</td>
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<tr>
<td>PASTA Repairs</td>
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<tr>
<td>Rotator Cuff Tear</td>
<td>Full</td>
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<td>Partial (small to</td>
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<td>medium)</td>
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<tr>
<td>Rotator cuff tear</td>
<td>80%</td>
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<td>Large or Complete</td>
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STRENGTH:
- Begin Active ROM exercises against gravity (except large RTC tear begin at 6 weeks)
- Begin light tubing exercises
- Begin light bicep 0-2 lbs. weight exercise for SLAP repairs

THERAPIST:
- Begin light manual therapy in all directions: isometric, concentric, eccentric
  *Large RTC begin at week 6 (very lightly)
- Continue scapular patterns
- IF ROM still limited, begin stretching and joint mobilizations

ACTIVITIES:
- Begin shoulder height activities
- Lift up to 5-10 lbs. to waist level both hands
- Speed walk and light jog (no more than 30 minutes) no faster than 5.0 mph (if they have 3+/5 strength)
Arthroscopic Shoulder Rehabilitation
Phase III - WEEK 6-8

- Perform all exercises 2 sets of _____________
- Perform all exercises with controlled movement and hold for 2 seconds at end range

**FLEXION TO 90**

**EXTENSION**

**EXTENSION (OPTIONAL)**

**SCAPITION TO 90 “V”**

**HORIZONTAL ABDUCTION**

**HORIZ ABD (OPTIONAL)**

**CHEST FLY (START)**

**CHEST FLY (END)**

**SIDEYLE ER**

**EXTERNAL ROTATION**

**TUBING INTERNAL ROTATION**

**EXTENSION**

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