



Arthroscopic Shoulder Rehabilitation
Phase IV
(Week 13 - 21)

Goal:

- **Maintain full Non-Painful ROM**
- **Enhance functional use of UE**
- **Improve muscular strength and power**
- **Initiate fast-twitch controlled movements**
- **Gradual return to functional activities**

Precautions:

- **No explosive movements**

STRENGTH:

- **Continue ROM & stretching to maintain full ROM**
- **Self capsular stretches**
- **Progress shoulder strengthening exercises**
- **Initiate two handed light plyoball drills then progress to two-handed plyoball drills**
- **Progress light dumbbell exercises and or medium weight machines**
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THERAPIST:

- **Advancing PNF patterns**
- **Work on techniques of activity**

Activities:

- **Begin preparation to throw @ 14 weeks**
- **Begin throwing progression program @ 16 weeks**
- **Below shoulder interval tennis activities (week 15 if appropriate)**
- **Begin soft toss, basketball shoot around at 16 weeks**
- **Begin running and agility program (week 16)**
- **Initiate interval golf program(week 15 if appropriate)**
- **Progress golf program to playing golf (week 20 if appropriate)**
- **May initiate swimming (week 20)**

Phase V
(Weeks 21-30)

Goals:

- **Gradual return to strenuous work activities**
- **Gradual return to recreational sport activities**
- **Return to golf**
- **Return to tennis**
- **Begin long toss interval throwing program**
- **Begin Controlled Olympic Lifting Movements**