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

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