

Answorth A. Allen, MD

HSS Sports Medicine Institute | West Side
610 West 58th Street, New York, NY 10019
212.606.1447



**Post-Operative Rehabilitation Guidelines for
Shoulder Arthroscopy Debridement**

- 0-4 Weeks: Sling for Comfort (1-2 days) then discontinue
Passive to Active shoulder ROM as tolerated
140° Forward Flexion
40° External Rotation with arm at side
Internal rotation behind back with gentle posterior capsule stretching
No rotation with arm in abduction until 4 wks
- With distal clavicle excision, refrain from cross body adduction until 8wks.
Grip Strength, Elbow/Wrist/Hand ROM,
Codmans Pendulum Exercises
Avoid Abduction and 90/90 ER until 8wks
- 4-8 Weeks: Advance ROM as tolerated (Goals FF to 160°, ER to 60°)
Begin Isometric exercises
Progress deltoid isometrics
ER/IR (submaximal) at neutral
Advance to theraband as tolerated
- 8-12 Weeks: Advance to full, painless ROM
Continue strengthening as tolerated
Begin eccentrically resisted motion and closed chain activities
Only do strengthening 3times/wk to avoid rotator cuff tendonitis