



Shoulder Arthroscopy Protocol

Phase 1

PROM elevation/neutral external rotation/functional internal rotation as tolerated

- Using a stick or wand for self-stretching

Scapular retractions for postural awareness

Codman's exercise to allow joint motion and pain relief

Light isometrics for infraspinatus activation

Full elbow and wrist movement as able (work grip strength on involved side)

Discharge sling 2-3 days post op

Phase 2

PROM with overpressure – elevation and 90° external rotation

Continue functional IR ROM with overpressure

Resistance with bands/weights

- External Rotation
- Internal Rotation
- Full Can in scaption

UBE training for conditioning

Biodex AAROM/AROM focusing on rotational movement

Rowing/Shoulder extensions for scapular stability

Phase 3

Capsular stretching (Sleeper stretch and Cross Body movements)

Closed chained flexion/abduction (wall or shuttle presses)

Light overhead resistance work/functional training

Continue rotational work via isotonic/isokinetic resistance

PROM as needed to achieve full symmetry

Phase 4

Sport specific movements and training

PNF training and rhythmic stabilization

Increase speed and repetitions for rotational work

T,W,Y for Maintenance Program