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**Shoulder Arthroscopy:
Debridement / Sub-Acromial Decompression / Capsular Release with Manipulation**

0-4 weeks post op

- Modalities as needed
- Sling x 1-3 days as needed
- RC isometrics into flexion, extension, abduction, adduction, IR/ER
- Scapular ex's - **elevation** with shrugs, **depression**, **protraction**, **retraction** with manual resistance
- All AROM and PROM exercises to start IMMEDIATELY after surgery
- RC ex's IR/ER with T-band or tubing with arm abducted 20-30°

4 weeks post op

- Cont. as above
- Advance ROM as tolerated
- Begin isotonic for Core RC strengthening advance the weight on all ex's to 6-8lbs, 5-6 sets of 15-20 reps
 - **Flexion with thumb up** - arm at 90°, flex arm forward fully, 12 O'clock position
 - **Abduction to 100° with thumb up** -- arm at 90° in prone, abduct arm into scapular plane level with body, 2 O'clock position for right handed patients
 - **Abduction to 45° with thumb up** - arm at 90° in prone, abduct arm level with body, 4 O'clock position for right handed patients
 - **Extension with arm at max ER** - arm at 90° in prone, extend arm to level of body, 6 O'clock position
 - **Scaption to 90°** thumb pointing up, elevate arm in plane of scapula (empty can position)
 - **Scaption to 60°** thumb pointing down, elevate arm same as above but stop at 60°
 - **Standing or Side lying ER** externally rotate arm in 20-30° abduction (pillow helps with position)
- Begin isotonic for peri-scapular strengthening progress as heavy as tolerated
 - **Elevation** - continue with shrugs vertical motion only do not roll shoulders
 - **Depression** - seated press ups hands at hips flat on floor, elbows locked, lift bottom off floor while moving only from scapulas, (not a dip motion), use hand blocks to increase height when able
 - **Protraction** - supine - 2" punches - arm flexed to 90°, elbow locked, motion is from scapula as arm is "punched" forwards, use hand weights, move to push ups with a plus (push up position and perform same movement with body weight) when able
 - **Retraction** - prone rows arm at 90°, elbow locked out or bent to 90°, use hand weight and retract scapula pinching them together
- Proprioception ex's - rhythmic stabilization, physioball balance ex's etc

6 weeks post op

- Cont. as above
- Full pain free ROM
- Begin conventional weight lifting with machine weights and progress slowly to free weights as desired
- Full ROM isokinetics (throwing wand for throwers) and advance to higher speeds when able

8 weeks post op

- Cont. with strengthening