



**Arthroscopic Shoulder Rehabilitation
Phase I (1-3 weeks post-op)**

Goal:

- **Maintain integrity of the repair**
- **Initiate safe and gradual passive range of motion**
- **Initiate sub maximal isometric exercises**
- **Diminish pain and inflammation**
- **Decrease muscle tightness and spasms**

Precautions:

- **No lifting of objects**
- **No functional use of affected hand**
- **No driving**
- **Minimal computer work 15-20 minutes • no greater than 2 hours total (AFFECTED arm must be in sling)**

Sling: All diagnoses below are required to wear sling x *4 weeks post-op* unless specified

- **Rotator Cuff Tear Partial (small to medium)**
- **Rotator cuff tear Large or Complete**
- **Capsulolabral reconstruction**
- **SLAP repair**
- **PASTA Repairs**

RANGE OF MOTION

**10 days post-op: All above procedures Flexion and Scaption to 90
Pulleys, and non-swinging pendulums**

STRENGTH:

**All procedures begin @ 3 weeks post-op
sub-max isometrics 1-2x 10 reps: flex, ext, ER IR, and ABD (except for massive rotator cuff tears)**

THERAPIST:

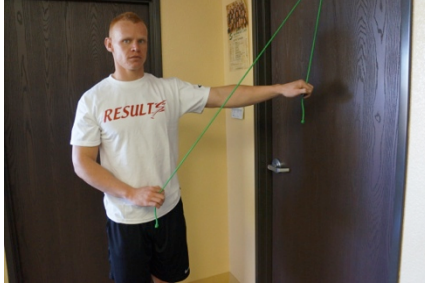
- **Initial evaluation**
- **PROM in Flexion, Scaption, and ABDuction and gentle short range IR/ER @ 0 of ABD**
- **Soft tissue mobilization to upper, mid and lower trap**
- **Decrease pain modalities**

Activities:

No functional use of the involved arm



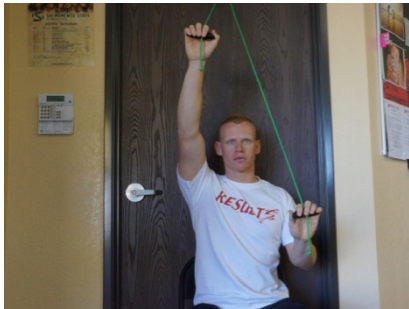
Standing Pulley Flexion



Pulley Scaption "V"



Pulley External Rotation



Pulley Flexion



Pulley Scaption "V"



Pendulum

SUB-MAXIMAL ISOMETRICS

Directions: perform 1-2x/day
 2 sets x 10-12 reps
 Push very lightly against the wall hold for 2-3 seconds



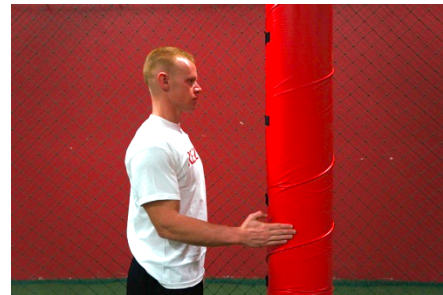
Flexion



Abduction



External Rotation



Internal Rotation