
Shoulder Arthroscopy Rehab Protocol

For subacromial decompression and/or distal clavicle excision and/or biceps tenotomy

- Sling for comfort, discontinue as tolerated (may need for up to one week for distal clavicle excision)
- Cryotherapy cuff or ice should be used on all shoulder procedures
 - Every 2 to 3 hours
 - Ice for twenty minutes (if bulky initial post-op dressing is on may need to ice longer, 30 to 45 minutes)
 - For the first 5 to 7 days
 - Then only after physical therapy (PT) sessions
- Start PT 3 to 4 days post-op

Week 1: Passive Range of Motion (PROM)

- Pendulums to warm up
- Supine external rotation (ER) and forward elevation to full as tolerated
- Internal rotation (IR) – full

Week 2: Active Range of Motion (AROM)

- Pendulums to warm up
- AROM with terminal stretch
- Supine-seated ER and forward elevation
- IR

Week 3: Resisted Exercises

- ER/IR
- Standing forward punch
- Seated rows
- Shoulder shrugs
- Bicep curls

Week 4: Weight Training

- Keep hands within eyesight, elbows bent
- Minimize overhead activities
- RC strengthening
- Scapular stabilization
- Return to Activities
 - Computer: 1 to 2 weeks
 - Golf: 4 weeks
 - Tennis: 8 weeks
 - Contact sports: 3 to 4 months
- For patients with biceps tenotomy, include elbow flexion and supination.
- Restrict adduction and forward flexion across midline in patients with distal clavicle excision.