

## Shoulder Arthroscopic Debridement Rehabilitation Protocol

	Range of Motion	Sling	Exercises
<b>Phase 1</b> 0-4 weeks	Passive to Active shoulder ROM as tolerated	<b>0-2 weeks:</b> Sling for comfort	<p><b>0-2 weeks:</b> wrist/hand ROM, pendulums</p> <p><b>2-4 weeks:</b> Grip strengthening, pulleys/canes, closed chain scapula</p> <p>Begin scapular protraction/retraction</p> <p>Unlimited ROM and can progress theraband strengthening and resistance as tolerated</p>
<b>Phase 2</b> 4-8 weeks	Increase as tolerated to full ROM	None	<p>Advance ROM as tolerated (Goals FF to 160°, ER to 60°)</p> <p>Unlimited ROM and can progress theraband strengthening and resistance as tolerated</p>
<b>Phase 3</b> 8-12 weeks	Full	None	<p>Progress strengthening</p> <p>Advance to sport and full activity as tolerated after MD clearance</p>