

Shoulder Arthroscopic Debridement

Physical Therapy Protocol

Keys to a Successful Outcome

- Pain > 4/10 = Hold progression
- Protocol is pain-guided and progresses ROM early, with strengthening once motion is nearly full

Phase	Brace	ROM Goals	WB	Exercises
Weeks 0-4	Worn for comfort only as needed	PROM and advance to AROM as tolerated	PWB	Elbow/hand/wrist ROM, Codman's, wall stretch, grip strengthening, deltoid and cuff isometrics, scapular stabilizing, protraction/retraction
Weeks 4-8	None	FAROM	WBAT	Advance isometrics, ER/IR at neutral Advance to TheraBands and dumbbells as tolerated, capsular stretching at end-ROM to maintain flexibility
Weeks 8-12	None	FAROM	WBAT	Advance strength training as tolerated Begin eccentrically resisted motions and closed chain activities Advance to sport and full activity as tolerated after 12 weeks
Months 3+	None	FROM	WBAT	Conventional weights, Interval programs for throwing/tennis, graded return to golf and similar sports

Patient Instructions

- Lower body, core, and cardio exercise okay immediately as tolerated

General Time Frames for ADLs

- Driving: 1-4 wks
- Desk/light return to work: 2-6 wks
- Golf (chipping/putting): 8-12 wks
- Lifetime restrictions: None