

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