

POST-OPERATIVE REHABILITATION: SHOULDER ARTHROSCOPY

Therapy Plan: Twice per week for 0-2 months, once per week for 2-4 months

ROM Progression

Wean out of the sling 2-3 days postoperatively as tolerated.

Progress ROM as tolerated with the goal of symmetric full motion at 6-8 weeks.

Weight Bearing Progression

Non-weight bearing for postoperative weeks 0-2 with progressive weight bearing over weeks 2-4

Initial Post-Operative Physical Therapy Visit

- Wean out of sling if not already performed
- Instruct on ROM exercises
- Isometric exercises for core, deltoid, biceps, triceps

Phase 1 Physical Therapy (2-4 weeks): protect the joint, progress motion

- NO open-chain exercises
- Manual therapy 20+ minutes per session
- Wean out of sling and progress ROM as tolerated
- Initiate closed-chain strengthening as tolerated
- Soft tissue mobilization, isometric exercises, core strengthening

Phase 2 Physical Therapy (4-8 weeks): progressive strengthening

- Continue closed-chain strengthening advancing as tolerated
- Proprioceptive training
- Soft tissue mobilization, isometric exercises, core strengthening
- Plyometrics and agility drills as tolerated

Phase 3 Physical Therapy (8-12 weeks): return to pre-injury level and sport

- Focus on functional exercises in all planes, advance only when fully controlled
- Advance closed-chain and core strengthening
- Proprioceptive training
- Sport-specific drills as tolerated
- Full return may take a full 3-6 months or more depending on surgery and recovery