Shoulder Arthroscopy / Debridement

Name: _____ DOB: _____

Dr: Rothenberg DOS: _____

WEIGHT BEARING RESTRICTIONS

none

ROM RESTRICTIONS

none

SLING

For 3 days then wean off as tolerated

ROM & Muscle Initiation	1	2	3	4	5	6	7-11+	12-17+	18-23+	24+
Scapular retraction - depression										
Cervical, elbow, wrist & hand ROM										
Pendulums										
Passive ROM: A) Ext rotation & internal rotation to belt B) Forward elevation & scaption C) Abduction										
Active assist ROM: A) External & internal rotation B) Forward elevation & scaption										
Active ROM A) Sidelying external rotation B) Forward elevation & scaption C) Salutes (lawn chair progression) D) Prone extension & horizontal abd G) Open chain proprioception										
Isometrics A) External & internal rotation B) Biceps & triceps										
Low load prolonged stretches: A) Towel internal rotation B) Cross arm C) Sleeper D) 90/90 external rotation										
Muscular Endurance 3 x 15, 45s rest							**7-12**			
External & internal rotation										
Punches with a plus										
Sport cord rows										
Prone lower trap										
Bicep curls / tricep extension										
Closed chain stability										
Muscular Strength 3 x 10 120s rest								**12-17**		
External rotation at 45° & 90°										
Bear hugs										
Statue of liberty										
Push up plus progression										
Muscular Power 3 x 6, 180s rest									**18-23**	
Advanced closed chain stability										
PNF with resistance										
Decelerations & Plyometric ext rotation										
High Level Activities										**24+**
Skiing										
Overhead & serving sports										
Throwing progression										