



Sports Medicine, Joint Preservation & Cartilage Restoration

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HIP, KNEE, SHOULDER, ELBOW

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## **SHOULDER ARTHROSCOPY DEBRIDEMENT OR CAPSULAR RELEASE**

### Rehab Protocol

#### Weeks 0-4:

- Sling for Comfort (1-2 days) Then discontinue
- Passive to Active shoulder ROM as tolerated
  - 140° Forward Flexion
  - 40° External Rotation with arm at side
  - Internal rotation behind back with gentle posterior capsule stretching
  - No rotation with arm in abduction until 4 wks
- With distal clavicle excision, hold cross body adduction until 8wks.
- Grip Strength, Elbow/Wrist/Hand ROM, Codmans
- Avoid Abduction and 90/90 ER until 8wks

#### Weeks 4-8:

- Advance ROM as tolerated (Goals FF to 160°, ER to 60°)
  - Begin Isometric exercises
  - Progress deltoid isometrics
  - ER/IR (submaximal) at neutral
- Advance to theraband as tolerated

#### Weeks 8-12:

- Advance to full, painless ROM
- Continue strengthening as tolerated
- Begin eccentrically resisted motion and closed chain activities
- Only do strengthening 3times/wk to avoid rotator cuff tendonitis



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