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**ORTHOPAEDIC SURGEON**  
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Postoperative Guidelines/Rehab Protocol  
**Shoulder Arthroscopy with Debridement**

**0-4 Weeks:**

- Sling for Comfort (1-2 days), can 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 weeks post-op
- With distal clavicle excision, hold cross body adduction until 8 weeks post-op
- Grip Strength, Elbow/Wrist/Hand ROM, Codmans exercises
- Avoid Abduction and 90/90 ER until 8 weeks post-op

**4-8 Weeks:**

- 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

**8-12 Weeks:**

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