Post-Operative Rehabilitation Guidelines for Shoulder Arthroscopy Debridement

0-4 Weeks: 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

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 3times/wk to avoid rotator cuff tendonitis