

**Dr. Scott Levin MD**

**Somers Orthopedic Surgery and Sports Medicine Group**

***Shoulder Arthroscopy***

**Phase I: Immediate Post-Operative Phase (Days 1–7)**

Goals:

- Protect the joint
- Manage pain and inflammation
- Initiate gentle motion

Precautions:

- Sling for comfort (may remove as tolerated once the nerve block wears off)
- No lifting, pushing, or pulling

Interventions:

- Ice and elevation to reduce swelling
- Pendulum exercises
- Passive range of motion (PROM) to tolerance:
  - Flexion to ~90–120°
  - ER in scapular plane to ~30°
- Elbow/wrist/hand AROM
- Grip strengthening

## **Phase II: Early Motion Phase (Weeks 2–4)**

Goals:

- Restore passive and active-assisted ROM
- Minimize stiffness
- Control pain

Interventions:

- AAROM exercises using pulleys, wand, wall walks
- Progress PROM to full as tolerated
- Begin active ROM (AROM) once PROM is full and pain-free
- Scapular stabilization (e.g., scapular squeezes, prone retraction)
- Isometrics (deltoid, biceps, triceps – pain-free)

## **Phase III: Intermediate Strengthening Phase (Weeks 4–6)**

Goals:

- Restore full AROM
- Begin strengthening

Interventions:

- Active ROM in all planes
- Theraband resistance (ER/IR, rows, shoulder flexion/extension)
- Closed chain exercises (e.g., wall push-ups)
- Continue scapular stabilization

## **Phase IV: Advanced Strengthening and Functional Return (Weeks 6–10)**

### **Goals:**

- Improve strength, endurance, and neuromuscular control
- Return to light activities and work

### **Interventions:**

- Advance resistance with weights or heavier bands
- Proprioceptive exercises (e.g., body blade, ball on wall)
- Functional movements and sport/job-specific tasks as tolerated

### **Expected Outcomes:**

- Most patients regain full ROM and return to regular activities by 8–10 weeks
- Full sports or heavy labor may be delayed up to 3 months depending on demands