

# **SHOULDER ARTHROSCOPY (SAD/DCE) REHAB**

**DR ELRASHIDY – TRI-VALLEY ORTHOPEDICS**

## **PHASE 1: Weeks 0-4**

- ◆ Sling for comfort (Ok to d/c at 2 weeks unless otherwise noted by MD)
- ◆ Cryotherapy & soft tissue modalities to axilla for pain/swelling
- ◆ AROM of elbow, wrist & hand (grip strength)
- ◆ Begin with Shoulder PROM, Pendulums and Codmans as tolerated
- ◆ Advance to AAROM & AROM as tolerated
  - ◆ 140° Forward Flexion
  - ◆ 40° External Rotation with arm at side
  - ◆ Internal Rotation behind back (with gentle posterior capsule stretch)
  - ◆ **Avoid rotation with arm in abduction for 3-4 weeks**
- ◆ Scapular retraction/posture/shrugs – 10 sec holds x 10 reps/hour
- ◆ Pulleys as needed
- \* With Distal Clavicle Excision, hold on cross-body adduction until 8 weeks

## **PHASE 2: Weeks 4-8**

- ◆ Discontinue sling (unless ordered by MD)
- ◆ Advance AROM as tolerated (Goal: FF to 160°, ER to 60°)
- ◆ Begin Isometric Exercise
  - ◆ Progress Deltoid isometrics
  - ◆ ER/IR (submaximal) at neutral
- ◆ Begin & advance T-Band as tolerated
- ◆ **OK to begin pulleys @ 6 weeks post-op if needed**
- ◆ Start AAROM with wand (ER/IR)
- ◆ Gentle behind back & hand behind head
- ◆ **Table slides** in varying directions
- ◆ Progress to wall slides (70°-120°) – Flexion/Scaption
- ◆ Prone scapular stabilization/retraction/preset with arms by side
- ◆ Thoracic spine extension over backrest of chair
- ◆ Progress and check ER in ABD (i.e 60°, 90° abduction)
- ◆ Adducted horizontal flexion stretching

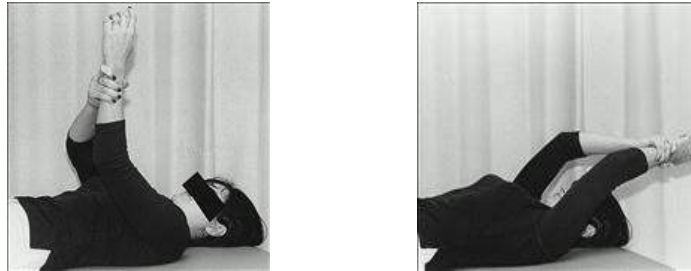
## **PHASE 3: Weeks 8-12**

- ◆ Goal of full, painless ROM
- ◆ Continue strengthening as tolerated (only 3 times/week to avoid overuse)
- ◆ Begin eccentrically resisted motion & closed-chain activities

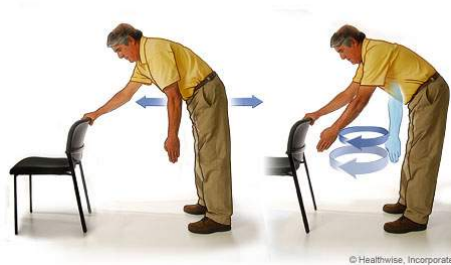
# SHOULDER ARTHROSCOPY PROTOCOL

## SAMPLE EXERCISES

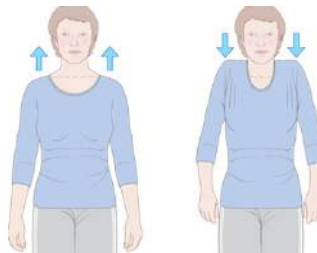
- 1) **Passive Supine Flexion/Forward Elevation:** Lie on your back. Grasp wrist with non-op hand & passively raise operative arm overhead. Aim for 90° by 3 weeks. In week 4, progress to 120°. Repeat 10 reps, 2-3 times/day



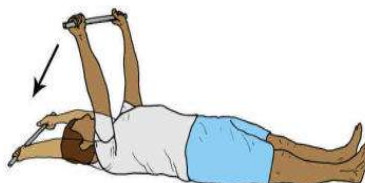
- 2) **Pendulum Exercise:** Hold onto a chair back with non-op hand & bend forward. Let operative arm hang down passively. Use body to passively swing arm: Forward, backward, side to side & in small circles. Repeat throughout the day as tolerated



- 3) **Shoulder Shrug:** While standing or sitting, shrug shoulders up, back and down in a large, circular motion. Repeat 10 reps, 2-3 times/day



- 4) **Active-assisted flexion with cane:** Lie on back & hold cane with both hands. Use good arm to help raise operative arm above head. Hold for 10-15 sec



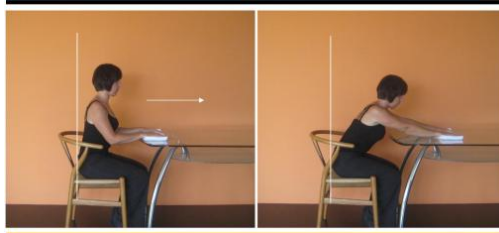
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- 5) **Active-assisted external rotation with cane:** Lie on back & hold cane with both hands. Use good arm to help roll affected arm outward. Repeat 5-10 reps, 2-3 times/day



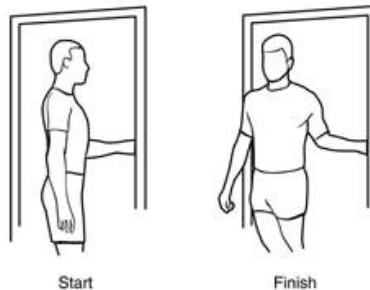
- 6) **Table slides:** Sit at a table with hand on a towel. Slide hand forward as far as you can. Return to starting position & repeat 10-15 times, 2 times/day. You can also face table sideways & repeat movement out to side



- 7) **Wall slides:** Stand facing the wall. Use fingers to walk/slide hand up the wall on a towel. Go as far as you can. Return to starting position & repeat 10-15 times, 1-2 times/day.



- 8) **ER in doorway:** Stand facing doorjam and place hand of operative shoulder on the doorjam. Keep elbow in at side while turning body away from affected shoulder. Hold 15-20 seconds, repeat 2-3 times, twice a day

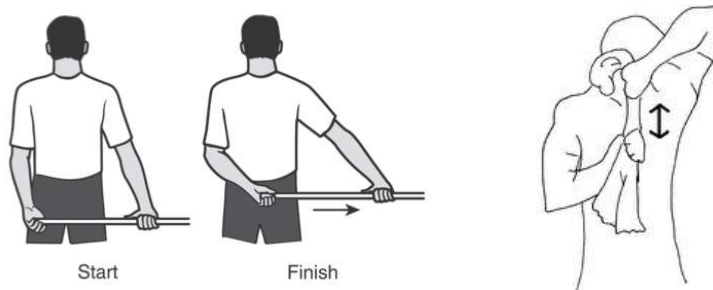


## SHOULDER ARTHROSCOPY PROTOCOL

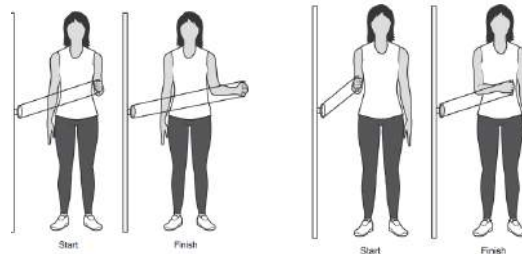
- 9) **Posterior Capsular stretch:** Gently reach across body. Use other hand to pull elbow further across & hold for 10-20 seconds, 1-2 times/day



- 10) **IR behind back:** Gently reach affected arm behind back. Try to get wrist to midline of body. Use other hand with or without a cane/towel to help slide hand up back. Hold 15-20 seconds, 2-3 reps, twice a day



- 11) **Theraband ER and IR:** Secure knotted band in a door, grasp with hand. Keep elbow bent & at side, pull band towards stomach, followed by pulling out with hand. Do 10-20 reps, 1-2 times/day



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