

General Shoulder Arthroscopy

(Debridement, Subacromial Decompression, &/or Distal Clavicle Resection)

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Patient _____
 DOS _____

| | POW 0-2 | POW 3-4 | POW 5-6 | POW 7+ |
|---|--|--|---|---|
| Sling | Yes – until comfortable or until follow-up with Dr. Remove for sleep/exercises | D/C per Dr. or as tolerated | | |
| PROM | Within pain free range | Advance as tolerated | | |
| AAROM | Supine ER with stick Table Flexion Table ER Pulleys Swiss ball roll Standing Stick Flex/ER/IR/Abd | Advance as tolerated | | |
| AROM | Scaption 90° ABD 90° IR 90° ER 45° | Advance as tolerated | | |
| Strength *Modalities as needed *Avoid horizontal ADD stretching for 6 weeks with distal clavicle resection | Isometrics in neutral (Flex, Ext, Abd, Add, IR, ER) Shoulder Shrugs Scapular Depression SA Punches Prone Rows Prone Extension Scapular protraction/retraction with manual resistance | IR/ER with tubing Prone Flex/Scap Prone Horizontal Abd Sidelying ER Table weight shifts Tubing – Rows Tubing – Extension | Rhythmic Stabilization PNF D1 + D2 Wall Push Ups Standing Flexion/Scaption Standing Abduction “W” Tubing Continue to increase weights and reps as tolerated Seated Press Up (depression) | Continue to advance as tolerated Proprioceptive Exercises Begin conventional weight lifting with machine weights With Dr. permission, begin overhead throwing/return to work/return to sport progression |