



**Rehabilitation after Shoulder Arthroscopic Surgery
 No Repairs: Subacromial Decompression or Debridement Procedures**

Post-op phase	Sling	Range of Motion	Stretching Exercises	Strengthening exercises	Precautions
Phase 1 0-2 weeks after surgery	Per MD instructions	Pendulum exercises. Supine FF as tolerated. ERN as tolerated. IR behind back	Ok with physical therapist ROM per phase 1	No	ROM as tolerated
Phase 2 2-6 weeks after surgery	D/C	Begin active-assisted and active ROM per phase 2	All planes	Antigravity elevation Scapulohumeral rhythm	Avoid exercises in coronal plane abduction
Phase 3 6-12 weeks after surgery	D/C	Gradually improve to full ROM all planes	All planes.	Theraband exercises Scapulohumeral Rhythm exercises PRE 1-3 lb.	Continue same as above