

PT Protocol:
Shoulder Arthroscopy, InSpace Balloon Spacer

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Shoulder Arthroscopy & Replacement
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Weeks after surgery

ROM & Muscle Initiation	1	2	3	4	5	6-11+	12-17+	18-23+	24+
Scapular retraction - depression									
Cervical, elbow, wrist & hand ROM									
Pendulums									
Passive ROM: A) Ext rotation & internal rotation to belt B) Forward elevation & scaption C) Abduction									
Active assist ROM: A) External & internal rotation B) Forward elevation & scaption									
Active ROM A) Sidelying external rotation B) Forward elevation & scaption C) Salutes (lawn chair progression) D) Prone extension & horizontal abd G) Open chain proprioception									
Isometrics A) External & internal rotation B) Biceps & triceps									
Low load prolonged stretches: A) Towel internal rotation B) Cross arm C) Sleeper D) 90/90 external rotation									
Muscular Endurance 3 x 15, 45s rest						6-12			
External & internal rotation									
Punches with a plus									
Sport cord rows									
Prone lower trap									
Bicep curls / tricep extension									
Closed chain stability									
Muscular Strength 3 x 10 120s rest							12-17		
External rotation at 45° & 90°									
Bear hugs									
Statue of liberty									
Push up plus progression									
Muscular Power 3 x 6, 180s rest								18-23	
Advanced closed chain stability									
PNF with resistance									
Decelerations & Plyometric ext rotation									
High Level Activities									24+
Skiing									
Overhead & serving sports									
Throwing progression									

WEIGHT BEARING RESTRICTIONS

NWB x 2 weeks
 Then <5 lbs for additional 2 weeks

Full weight bearing at 4 weeks

ROM RESTRICTIONS

Active assist shoulder range of motion as tolerated x 2 weeks

Then, active ROM as tolerated

SLING

For 2 weeks, then wean as tolerated.

May remove sling for bathing, gentle ROM