



JOSHUA ALPERT, MD

Dr. Joshua Alpert  
 Post-Operative Rehabilitation Protocol:  
 Shoulder - Arthroscopic Rotator Cuff Debridement

	<b>Range of Motion</b>	<b>Sling</b>	<b>Exercises</b>
<b>PHASE I</b> 0-4 weeks	Passive and active range as tolerated	Remove sling two days after surgery	Aggressive AROM, PROM, and capsular stretching; closed chain scapula  Continue capsular stretching: PROM, joint mobilization to max tolerance  Deltoid, cuff isometrics, begin scapular protraction/retraction
<b>PHASE II</b> 4-8 weeks	Continue increasing as tolerated to full. Start gentle strengthening.	none	Advance isometrics, rotator cuff and deltoid  Advance to therabands, dumbbells as tolerated  Progress to work conditioning
<b>PHASE III</b> 8-16 weeks	Progress to full motion without discomfort. Continue strengthening.	none	Advance strengthening as tolerated begin eccentrically resisted motions and closed chain activities  Advance to sport and full activity as tolerated after 12 weeks  Continue work conditioning

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