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Shoulder Arthroscopic Debridement Rehabilitation Protocol

Phase / Goals	Immobilization	ROM	Therapeutic Exercises
Phase 1 (week 0-2) Goals: <ul style="list-style-type: none"> Pain free PROM 	<ul style="list-style-type: none"> Sling use PRN for comfort 	<ul style="list-style-type: none"> Begin Full AROM and PROM as tolerated 	<ul style="list-style-type: none"> Aerobic: <ul style="list-style-type: none"> Stationary bike x 30 mins Easy walking on level surface x 30 mins Modalities: <ul style="list-style-type: none"> IFC and ice x 20 mins
Phase 2 (week 3-4) Goals: <ul style="list-style-type: none"> Full pain-free A/PROM 	<ul style="list-style-type: none"> N/A 	<ul style="list-style-type: none"> Continue to progress to full A/PROM as tolerated 	<ul style="list-style-type: none"> Aerobic: <ul style="list-style-type: none"> Same as above progress to 45-60 mins Strength: <ul style="list-style-type: none"> Start scapula proprioceptive neuromuscular facilitation
Phase 3 (week 5-6) Goals: <ul style="list-style-type: none"> Full strength 	<ul style="list-style-type: none"> N/A 	<ul style="list-style-type: none"> Continue to progress to full A/PROM 	<ul style="list-style-type: none"> Aerobic: <ul style="list-style-type: none"> Start treadmill Strength: <ul style="list-style-type: none"> May start lifting light weights and progressing as tolerated