

Shoulder Debridement / Cartilage Restoration Protocol

- I. **Post-op Days 1 – 7**
 - a. Sling for comfort – D/C within a few days
 - b. Hand squeezing exercises
 - c. Elbow and wrist AROM
 - d. Gentle pendulum exercises PRN
 - e. Shoulder shrugs / scapular retraction ex without resistance
 - f. Stationary bike
 - g. Ice pack/cryotherapy prn
 - h. **Restrictions**
 - i. **Avoid posterior loading of shoulder**
 - ii. **Avoid active motion**
 - i. **Goals:** Pain control
- II. **Days 7 – 14**
 - a. Continue appropriate previous exercises
 - b. Table slides, active-assist external rotation; pendulums
 - c. Isometrics x 6 (box) – pain-free
 - d. Light TheraBand for ER and IR arm at side with pillow or towel roll under arm
 - e. Standing rows with light TheraBand
 - f. **Restrictions**
 - i. **Avoid posterior loading of shoulder**
 - g. **Goal** – Pain control; progress gentle below shoulder-level range of motion
- III. **Weeks 2 – 6**
 - a. Continue appropriate previous exercises
 - b. PROM / Mobilization as needed to regain full motion
 - c. Prone scapular retraction exercises
 - d. UBE forwards and backwards with no resistance (encourage motion not endurance training)
 - e. Elliptical trainer
 - f. Treadmill – Walking progression program
 - g. **Restrictions**
 - i. **Avoid posterior loading of shoulder**
 - h. **Goal** – Full AROM
- IV. **Weeks 6 – 12**
 - a. Continue appropriate previous exercises
 - b. Ball toss overhead
 - c. Fitter on hands
 - d. Pool therapy
 - e. Running progression to track
 - f. **Restrictions –Avoid posterior loading of shoulder**
 - g. **Goal** – Progress endurance and gentle strengthening
- V. **Months 3 – 4**

- a. Continue appropriate previous exercises with increasing resistance
- b. Push-ups progression only as tolerated
- c. Sit-ups
- d. Pull-ups, dips as tolerated
- e. Swimming
- f. Transition to home / gym program
- g. **Goals:** Return to all activities

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