

SHOULDER SURGERY-ARTHROSCOPIC AND OTHER

- Sling all the time only for comfort
 Immobilize for Can remove for exercises
 Limit abduction to 20°, ER to neutral. (Used for some cuff repairs and stabilization)

Immediate exercises (repeat 5 – 10min every hour)

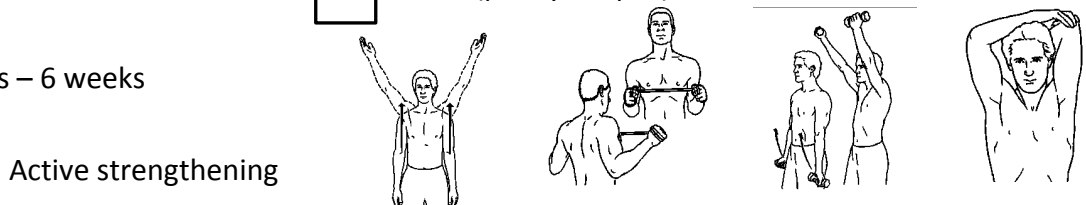


Isometric adduction (against chest/pillow)



Increase passive assisted exercises at weeks (pulleys/ropes)

Later exercises – 6 weeks



Stretching

Theraband

Light weights

Driving allowed at weeks