

# Shoulder Arthroscope

Name: \_\_\_\_\_  
 Dr: Doan

DOB: \_\_\_\_\_  
 DOS: \_\_\_\_\_

**WEIGHT BEARING RESTRICTIONS**  
 none

**ROM RESTRICTIONS**  
 none

**SLING**  
 For 3 days then wean off as tolerated

ROM & Muscle Initiation	1	2	3	4	5	6	7-11+	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										
<b>Muscular Endurance 3 x 15, 45s rest</b>							7-12			
External & internal rotation										
Punches with a plus										
Sport cord rows										
Prone lower trap										
Bicep curls / tricep extension										
Closed chain stability										
<b>Muscular Strength 3 x 10 120s rest</b>								12-17		
External rotation at 45° & 90°										
Bear hugs										
Statue of liberty										
Push up plus progression										
<b>Muscular Power 3 x 6, 180s rest</b>									18-23	
Advanced closed chain stability										
PNF with resistance										
Decelerations & Plyometric ext rotation										
<b>High Level Activities</b>										24+
Skiing										
Overhead & serving sports										
Throwing progression										