



Shoulder Arthroscopy with Balloon Spacer
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	PRECAUTIONS	ROM	EXERCISES
Phase 1: 0-2 weeks	Sling 2-3 days then for comfort x 2 weeks	PROM as tolerated; Avoid rotation with arm in abduction AROM: 90° scaption, as tolerated	Hand, Grip, wrist, Elbow, Neck Active ROM exercises. Pendulum Exercises
Phase 2: 2-4 weeks	ADL's as tolerated	Gentle PROM/ AAROM / AROM as tolerated* Avoid rotation with arm in abduction	Active hand, wrist, elbow ROM Elbow strengthening Scapular stabilization/strengthening ADL training Pulleys Postural exercises Posterior capsule stretching AA Wall walks* AA Wand exercises* *Avoid shoulder shrug sign
Phase 3: 4-8 weeks		Full AROM as tolerated Light strengthening	Deltoid isometrics; IR/ER isometrics in neutral; Short-lever-arm RTC strengthening below 90°/ in scapular plane
Phase 4: 8-12 weeks	Limit strengthening to 3x/week to avoid tendinitis	Full AROM	Progressive Resisted exercises as tolerated (weight, theraband); Begin closed chain activities; Maximize scapular stabilization.
Phase 5: 12+ weeks	none		Return to Sports / Work programs; Advanced proprioceptive training; Correct postural dysfunctions

MD post op appts.: 2 weeks, 6 weeks, 12 weeks, 5 months. Please send PT progress notes prior to each MD appts.

This protocol is not a substitute for clinical decision making of the health care professional.

Please see PT referral for any specific post-op instructions.