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## SHOULDER ARTHROSCOPY REHABILITATION

### Weeks 0 to 4

#### **Post-op recovery**

Primary goal here is to allow wound healing and to decrease swelling. You will be able to go home the day of surgery. On discharge, you will have waterproof dressings on, and your arm will be in a sling. Leave your dressings on until your review in clinic in 10-14 days post-surgery.

Contact my team if you have any questions about your wound or post-surgery appointment.

#### **Exercises**

Your sling is for comfort, and as your pain levels improve, you are allowed to spend more time out of the sling. The following exercises are recommended 5 times a day –

- Elbow range of motion
- Squeezing shoulder blades together
- When comfortable, progress to passive forward flexion / abduction / external rotation

### Weeks 4 to 8

The following progression in activities and exercises can be made

- Out of sling
- Commence driving
- Active range of motion exercises
- Desk duties to continue

### Week 8 onwards

- Light duties can be commenced if clearance given
- Rotator cuff strengthening exercises
- Scapular stabilizers strengthening

### Week 16 onwards

- Full duties can be commenced if clearance given