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MIDWEST
ORTHOPAEDICS
at RUSH



Post-Operative Rehabilitation Guidelines for Shoulder Arthroscopy with InSpace Balloon

- 0-4 Weeks: Strict sling for 2 weeks, then wean to completely out by 4 weeks
Supine and progression to seated elevation at 0-6 weeks.
Passive to Active shoulder ROM as tolerated
 140° Forward Flexion
 40° External Rotation with arm at side
 Internal rotation behind back with gentle posterior capsule stretching
 No rotation with arm in abduction until 4 wks
With distal clavicle excision, hold cross body adduction until 8wks.
Grip Strength, Elbow/Wrist/Hand ROM, Codmans
- 4-8 Weeks: Advance ROM as tolerated (Goals FF to 160°, ER to 60°)
Begin Isometric exercises
 Progress deltoid isometrics
 ER/IR (submaximal) at neutral
Advance to theraband as tolerated
- 8-12 Weeks: Advance to full, painless ROM
Below shoulder level strengthening only
Only do strengthening 3times/wk to avoid rotator cuff tendonitis

GOAL OF PROCEDURE:

Return to functional ADLs. Once patient has reached good ROM and pain free ADLs, may discontinue therapy. Patient will not return full strength.