

Official Health Care Partner



UAB MEDICINE

ORTHOPAEDIC SURGERY

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PATIENT NAME:

PROCEDURE:

DATE OF SURGERY:

PHYSICAL THERAPY ORDER – Shoulder Debridement

Sling for 3-5 days (for comfort only).

Phase 1 - Passive

Pendulums to warm-up

Week 1

Elbow/wrist/hand AROM

Begin active scapular retraction/protraction exercises with therapist cueing

PROM and AROM as tolerated

Supine External Rotation – Full

Supine Forward Elevation – Full (with elbow flexed)

Supine Internal Rotation - Full

Phase 2 - Active

Pendulums to warm-up

Week 2

Supine to Start → Seated External Rotation

Supine to Start → Seated Forward Elevation

Internal Rotation

Phase 3 - Resisted

Pendulums to warm up

Weeks 3-6

External and Internal Rotation

Standing forward punch

Seated rows

Shoulder Shrugs

Bear Hugs

Global upper extremity strengthening program