



DR CHEN TU PROTOCOL SHOULDER ARTHROSCOPY

Physiotherapy follow-up recommended



The aim is to settle pain while restoring movement, strength and confidence.

0-4 WEEKS

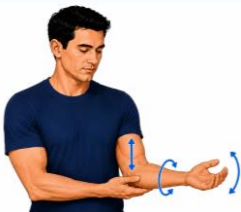
SETTLE PAIN AND MOVE

- Sling for comfort, usually 2-4 weeks.
- Come out regularly for exercises and light activity.
- Light daily use as comfortable.
- Keep neck, elbow, wrist and hand moving.

IMPORTANT

- ✗ No heavy lifting, pushing or pulling
- ✗ Avoid sudden jerks or falls
- ✗ Tenodesis: no resisted elbow flexion/supination for 6 weeks

Exercise examples only. Your physiotherapist will teach technique and progression.



Hand / wrist / elbow



Pendulum



Scapular setting



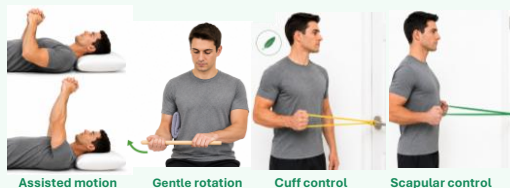
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Movement is encouraged if comfortable. Pain and control guide progression.

2-6 WEEKS

RESTORE MOVEMENT AND FUNCTION

- Wean out of sling, usually by 2-4 weeks.
- Progress assisted to active shoulder movement.
- Work towards comfortable functional range.
- Gentle cuff and shoulder blade control.
- Tenodesis: keep biceps loading light until 6 weeks.



Assisted motion Gentle rotation Cuff control Scapular control

Exercises are progressed by your physiotherapist. Strengthening starts light and controlled.

6+ WEEKS

BUILD STRENGTH AND RETURN TO ACTIVITY

- Progress rotator cuff and shoulder blade strengthening.
- Increase overhead activity and functional loading gradually.
- Tenodesis: commence gradual biceps strengthening.
- Introduce work or sport-specific rehabilitation.
- Return to heavier activity gradually.



Cuff strength Scapular strength Shoulder control Functional drills

Return to activity is based on comfort, movement, strength and control.

TYPICAL MILESTONES

1

0-2 WEEKS

- Sling for comfort.
- Sedentary work as comfortable.
- Minimal lifting.

2

2-4 WEEKS

- Wean out of sling as comfortable.
- Driving may be considered once safe and out of sling.
- Increase light use.

3

~ 6 WEEKS

- Functional range improving.
- Progress light strengthening.

4

3-6 MONTHS

- Progress towards unrestricted activity as comfort and strength allow.

KEY POINTS TO REMEMBER



Sling comfort



Move early



No heavy lifting



Progress gradually



ACTIVITY TO AVOID EARLY

Avoid heavy lifting, pushing and pulling early. If biceps tenodesis was performed, avoid resisted biceps work for 6 weeks.