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**Arthroscopic Decompression/Debridement of the Shoulder
Rehabilitation Guidelines**

Phase I Early Motion Phase

Post-Op days 1-14

Goals

1. Re-establish non-painful range of motion
2. Retard muscle atrophy
3. Decrease pain and inflammation

Activities

4. Range of motion
 5. Codman's pendulum exercises
6. pulley activities (flexion/extension only)
7. wand activities
 8. flexion/extension
 9. abduction/adduction
 10. external/internal rotation (begin at 0 degrees, progress to 45 degrees, and then 90 degrees of abduction)
11. self-stretches (capsular)
12. Strengthening exercises
 13. isometrics
 14. may begin tubing for external/internal rotation at 0 degrees late phase
15. Decreased pain and inflammation
 16. ice
 17. NSAIDs
 18. modalities as needed

Phase II Intermediate Phase

Post-Op Weeks 3 - 6

Goals

19. Regain and improve muscular strength
20. Normalize arthrokinematics
21. Improve neuromuscular control of shoulder complex

Criteria to progress to phase II

22. Full range of motion
23. Minimal pain and tenderness
24. "Good" (4/5) manual muscle test of internal/external rotation and flexion

Activities

25. Initiate isotonic program with dumbbells
 26. internal/external rotation
 27. abduction to 90 degrees

28. flexion to 90 degrees
29. supraspinatus
30. biceps/triceps

31. Normalize arthrokinematics of the shoulder complex
 32. joint mobilization
 33. gleno-humeral joint
 34. acromioclavicular joint
 35. sternoclavicular joint
 36. ST joint
 37. control wand range of motion
38. Initiate neuromuscular control exercises
39. Initiate trunk exercises
40. Initiate upper extremity endurance activities (UBE)
41. Continue with modalities as needed
42. Initiate cardiovascular training, strength training

Phase III Dynamic Strengthening Phase

Post-Op Weeks 7-12

Goals

43. Improve strength/power/endurance
44. Improve neuromuscular control
45. Prepare athlete to begin to throw, etc.

Criteria to enter phase III

46. Full non-painful range of motion
47. No pain or tenderness
48. Strength 70 percent of uninvolved side

Activities

1. Continue dumbbell strengthening
 49. supraspinatus
 50. deltoid
2. Initiate tubing exercises in the 90/90 position for internal/external rotation
 51. slow sets
 52. fast sets
3. Tubing exercises for scapulothoracic musculature
4. Tubing exercises for biceps
5. Initiate plyometrics for rotator cuff muscles
6. Initiate diagonal patterns
 53. D2 flexion/extension patterns

7. Initiate isokinetics
 54. external/internal rotation in scapular plane
8. Continue endurance exercises, neuromuscular control exercises

Phase IV Return to Activity Phase

13 - 16 weeks

Goals

55. Progressively increased activities to prepare patient for full functional return

Criteria to progress to phase IV

56. full range of motion
57. no pain or tenderness
58. 2 weeks pain-free 90/90 shoulder rotation work
59. isokinetic test that fulfills criteria to throw
60. satisfactory clinical exam

Activities

61. Initiate interval throwing program
62. Continue all exercises in phase III
 63. throw and train on the same day
 64. lower extremity and range of motion on opposite days
65. Progress interval program
66. Initiate hitting program when athlete can throw 90 feet pain-free