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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

1. Range of motion
 - Codman's pendulum exercises
 - pulley activities (flexion/extension only)
 - wand activities
 - flexion/extension
 - abduction/adduction
 - external/internal rotation (begin at 0 degrees, progress to 45 degrees, and then 90 degrees of abduction)
 - self-stretches (capsular)
2. Strengthening exercises
 - isometrics
 - may begin tubing for external/internal rotation at 0 degrees late phase
3. Decreased pain and inflammation
 - ice
 - NSAIDs
 - modalities as needed

Phase II Intermediate Phase

Post-Op Weeks 3 - 6

Goals

1. Regain and improve muscular strength
2. Normalize arthrokinematics
3. Improve neuromuscular control of shoulder complex

Criteria to progress to Phase II

1. Full range of motion
2. Minimal pain and tenderness
3. "Good" (4/5) manual muscle test of internal/external rotation and flexion

Activities

1. Initiate isotonic program with dumbbells
 - internal/external rotation

- abduction to 90 degrees
 - flexion to 90 degrees
 - supraspinatus
 - biceps/triceps
2. Normalize arthrokinematics of the shoulder complex
 - joint mobilization
 - gleno-humeral joint
 - acromioclavicular joint
 - sternoclavicular joint
 - ST joint
 - control wand range of motion
 3. Initiate neuromuscular control exercises
 4. Initiate trunk exercises
 5. Initiate upper extremity endurance activities (UBE)
 6. Continue with modalities as needed
 7. Initiate cardiovascular training, strength training

Phase III Dynamic Strengthening Phase

Post-Op Weeks 7-12

Goals

1. Improve strength/power/endurance
2. Improve neuromuscular control
3. Prepare athlete to begin to throw, etc.

Criteria to enter Phase III

1. Full non-painful range of motion
2. No pain or tenderness
3. Strength 70 percent of uninjured side

Activities

1. Continue dumbbell strengthening
 - supraspinatus
 - deltoid
2. Initiate tubing exercises in the 90/90 position for internal/external rotation
 - slow sets
 - fast sets
3. Tubing exercises for scapulothoracic musculature
4. Tubing exercises for biceps
5. Initiate plyometrics for rotator cuff muscles
6. Initiate diagonal patterns
 - D2 flexion/extension patterns
7. Initiate isokinetics
 - external/internal rotation in scapular plane
8. Continue endurance exercises, neuromuscular control exercises

Phase IV Return to Activity Phase

13 - 16 weeks

Goals

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

Criteria to progress to phase IV

1. full range of motion
2. no pain or tenderness
3. 2 weeks pain-free 90/90 shoulder rotation work
4. isokinetic test that fulfills criteria to throw*
5. satisfactory clinical exam*

Activities

1. Initiate interval throwing program*
2. Continue all exercises in phase III
 - throw and train on the same day*
 - lower extremity and range of motion on opposite days
3. Progress interval program*
4. Initiate hitting program when athlete can throw 90 feet pain-free*

*For Overhead Throwing Athletes