

ARTHROSCOIC SUBACROMIAL DECOMPRESSION AND/OR PARTIAL ROTATOR CUFF DEBRIDEMENT

This rehabilitation program's goal is to return the patient/athlete to their activity/sport as quickly and safely as possible. The program is based on muscle physiology, biomechanics, anatomy and healing response.

PHASE I - MOTION PHASE

Goals:

1. Re-establish non-painful Range of Motion
2. Retard Muscular Atrophy
3. Decrease pain/inflammation

Range of Motion:

- Pendulums Exercise
 - Rope and Pulley
 - L-bar exercises
 - Flexion/Extension
 - Abduction/Adduction
 - ER/IR (Begin at 0 degrees AB, progress to 45 degrees AB, then 90 degrees AB)
- Self-stretches (capsular stretches)
- Strengthening Exercises:
 - Isometrics
 - May initiate tubing for ER/IR at 0 degrees AB late phase
- Decrease Pain/Inflammation:
 - Ice, HSAIDS, Modalities

PHASE II - INTERMEDIATE PHASE

Goals:

1. Regain & Improve Muscular Strength
2. Normalize Arthrokinematics
3. Improve Neuromuscular Control of Shoulder Complex

Criteria to Progress to Phase II

1. Full ROM
2. Minimal Pain & Tenderness
3. "Good" MMT or IR, ER, Flex

Exercises:

- Initiate Isotonic Program with Dumbbells
 - Shoulder musculature
 - Scapulothoracic
- Normalize Athrokinematics of Shoulder complex
 - Joint Mobilization

- Control L-bar ROM
- Initiate Neuromuscular Control Exercises
- Initiate Trunk Exercises
- Initiate UE Endurance Exercises
- Decrease Pain/Inflammation:
 - Continue use of modalities, ice, as needed
- Arthroscopic Subacromial Decompression
- Partial Rotator Cuff Debridement Protocol

PHASE III - DYNAMIC STRENGTHENING PHASE - Advanced Strengthening Phase

Goals:

1. Improve Strength / Power/Endurance
2. Improve Neuromuscular Control
3. Improve athlete to begin to throw, etc

Criteria To Enter Phase III:

1. Full non-painful ROM
2. No pain or tenderness
3. Strength 70% compared to contralateral side

Emphasis of Phase III:

- High speed, high energy strengthening exercises
- Eccentric exercises
- Diagonal patterns

Exercises:

- Continue dumbbell strengthening (supraspinatus, deltoid)
- Initiate Tubing exercises in the 90/90 degree position for ER/IR (slow/fast sets)
- Tubing exercises for scapulothoracic musculature
- Tubing exercises for biceps
- Initiate Plyometrics for RTC
- Initiate Diagonal Patterns (PNF)
- Initiate Isokinetics
- Continue endurance exercises: neuromuscular control exercises

PHASE IV – RETURN TO ACTIVITY PHASE

Goals:

- Progressively Increase Activities to prepare patient for full functional return
- Criteria To Progress to Phase IV:
 - Full ROM
 - No pain or tenderness
 - Isokinetic Test that fulfills criteria to throw
 - Satisfactory Clinical Exam

Exercises:

- Initiate Interval Program
- Continue all exercises as in Phase III (Throw and Train on Same Day), (LE and ROM on Opposite Days)
- Progress Interval Program

Follow-Up Visits:

- Isokinetic Tests
- Clinical Exam