



## ARLINGTON ORTHOPEDICS

# After Arthroscopic Subacromial Decompression and/or Partial Rotator Cuff Debridement

### Rehabilitation Protocol

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

#### **Phase 1: Motion Phase**

##### Goals

- ❖ Reestablish nonpainful ROM
- ❖ Retard muscular atrophy
- ❖ Decrease pain/inflammation

##### Range of Motion

- ❖ Pendulums exercise
- ❖ Rope and pulley
- ❖ L-Bar exercises
  - ✓ Flexion-extension
  - ✓ Abduction-adduction
  - ✓ Internal and external rotation (begin at 0 degrees abduction, progress to 45 degrees abduction, then 90 degrees abduction)
- ❖ Self-stretches (capsular stretches)

##### Strengthening Exercises

- ❖ Isometrics
- ❖ May initiate tubing for internal and external rotation at 0 degrees abduction late phase

##### Decrease Pain and Inflammation

- ❖ Ice, NSAIDs, modalities

#### **Phase 2: Intermediate Phase**

##### Criteria for Progression to Phase 2

- ❖ Full ROM
- ❖ Minimal pain and tenderness
- ❖ "Good" manual muscle testing (MMT): internal and external rotation and flexion

### Goals

- ❖ Regain and improve muscular strength
- ❖ Normalize arthrokinematics
- ❖ Improve neuromuscular control of shoulder complex

### Exercises

- ❖ Initiate isotonic program with dumbbells
- ❖ Shoulder musculature
- ❖ Scapulothoracic musculature
- ❖ Initiate neuromuscular control exercises
- ❖ Initiate trunk exercises
- ❖ Initiate upper extremity endurance exercises

### Normalize Arthrokinematics of Shoulder Complex

- ❖ Joint mobilization
- ❖ Control L-bar ROM

### Decrease Pain and Inflammation

- ❖ Continue use of modalities, ice, as needed

## **Phase 3: Dynamic (Advanced) Strengthening Phase**

### Criteria for Progression to Phase 3

- ❖ Full nonpainful ROM
- ❖ No pain or tenderness on examination
- ❖ Strength 70% of contralateral side

### Goals

- ❖ Improve strength, power, and endurance
- ❖ Improve neuromuscular control
- ❖ Prepare athlete to begin to throw, and similar activities

### Emphasis of Phase 3

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

### Exercises

- ❖ Continue dumbbell strengthening (supraspinatus, deltoid)
- ❖ Initiate tubing exercises in the 90/90 position for internal and external rotation (slow/fast sets)
- ❖ Tubing exercises for scapulothoracic musculature
- ❖ Tubing exercises for biceps
- ❖ Initiate plyometrics for rotator cuff
- ❖ Initiate diagonal patterns (PNF)
- ❖ Initiate isokinetics
- ❖ Continue endurance exercises: neuromuscular control exercises

#### **Phase 4: Return to Activity Phase**

##### Criteria for Progression to Phase 4

- ❖ Full ROM
- ❖ No pain or tenderness
- ❖ Isokinetic test that fulfills criteria to throw
- ❖ Satisfactory clinical examination

##### Goal

- ❖ Progressively increase activities to prepare patient for full functional return

##### Exercises

- ❖ Initiate interval throwing program
- ❖ Continue all exercises as in phase 3
  - ✓ Throw and train on some day
  - ✓ Lower extremity and ROM on opposite days
- ❖ Progress interval program

##### Follow-up Visits

- ❖ Isokinetic tests
- ❖ Clinical examination

