

ARTHROSCOPIC SHOULDER DECOMPRESSION/ DEBRIDEMENT

Phase I – Motion Phase Week 1-3

Goals:

- Re-establish non-painful ROM
- Retard muscular atrophy
- Decrease pain/inflammation

Rehabilitation:

- AAROM:
 - Pendulum exercises
 - Rope and pulley
 - T-bar to tolerance
 - Flexion/extension
 - Abduction/adduction
 - ER/IR (start at 0° abduction, progress to 45° abd and then 90° abduction)
 - Self-capsular stretches
- Strengthening exercises:
 - Isometrics
 - Tubing ER/IR at side in late phase
- Decrease pain and inflammation

Phase II – Intermediate Phase Week 4-6

Criteria to progress to phase II:

- Full ROM
- Minimal pain and tenderness
- Good manual muscle test of IR, ER, and flexion

Goals:

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

Rehabilitation:

- Isotonic dumbbell program;
 - All shoulder muscles
 - Scapulothoracic muscles



Home to the Texas Rangers

- ROM exercises:
 - Continue T-bar exercises
 - Continue self-scapular stretches
 - Joint mobilization as needed
- Initiate neuromuscular control exercises
- Initiate upper extremity endurance exercises
- Continue pain control modalities as needed

Phase III – Dynamic Strengthening Phase Week 7-12

Criteria to progress to phase III:

- Full, non-painful, ROM
- No pain or tenderness
- Strength 70% of contralateral side

Goals:

- Improve strength, power and endurance
- Improve neuromuscular control
- Prepare athlete to begin interval sport program
- Interval Throwing Program begins 12 weeks post-op.

Emphasis of phase III:

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

Rehabilitation:

- Continue ROM/capsular stretching exercises
- Strengthening:
 - Continue dumbbell strengthening
 - Initiate tubing exercises in 90/90 position
 - Initiate plyometrics for rotator cuff
 - Initiate diagonal PNF patterns
 - Initiate isokinetics
 - Continue exercises for endurance and neuromuscular control

Phase IV – Return to Activity Phase 3 months-6 months

Criteria to progress to phase IV:

- Full, non-painful ROM
- No pain or tenderness
- Satisfactory isokinetic test
- Satisfactory clinical exam
- Successful completion of Interval Sports Program

Goal:

- Progressively increase activity level to prepare for full functional return

Rehabilitation:

- Continue strengthening program
- Continue ROM/flexibility program
- Initiate interval sport program

Criteria for return to play:

- Physician approval
- Satisfactory ROM
- Satisfactory strength test
- Satisfactory clinical exam
- Satisfactory completion of interval sport program

