POSTSURGICAL REHABILITATION AFTER ARTHROSCOPIC DECOMPRESSION/DEBRIDEMENT

Phase 1 – Motion Phase

WEEKS 0 – 2

- Goals:
  - Re-establish nonpainful range of motion
  - Retard muscular atrophy
  - Decrease pain and inflammation
  - Establish Full Flexion

- Range of Motion
  - Pendulum exercises
  - Rope and pulley (flexion/extension only)
  - T-bar exercises
    - Flexion/extension
    - Abduction/adduction (push abd immediately)
    - External rotation/internal rotation (Begin at 0°, progress to 45°, then 90° of abduction. Push internal rotation)
  - Self stretches (capsular stretches)
  - Internal rotation behind back
  - Gain abduction and external rotation range as soon as possible

- Strengthening Exercises
  - Isometrics
  - May begin tubing for external rotation/internal rotation at 0° late phase
WEEKS 2-4

- Decrease Pain and inflammation
  - Modalities as needed

❖ **Goals:**
  - Regain and improve muscular strength
  - Normalize arthrokinematic
  - Improve neuromuscular control of shoulder complex

- Criteria to Progress to Phase 2
  - Full range of motion
  - Minimal pain and tenderness
  - 3+5/5 - 4/5 manual muscle test of internal rotators, external rotators and flexors.

- Initiate Isotonic Program with Dumbbells
  - Shoulder musculature
    - External/internal rotator strengthening
    - Abduction/flexion to 90°
    - Supraspinatus strengthening (0-45°)
    - Biceps/triceps
  - Scapulothoracic musculature
    - Retractors/protractors
    - Elevators/depressors

- Normalize Arthrokinematics of Shoulder Complex
  - Joint mobilization (GH, AC, SC, ST joints)
  - Control T-bar range of motion

- Initiate Neuromuscular Control Exercises

- Initiate Trunk Exercises

- Initiate Upper Extremity (UBE) Endurance Exercises

- Continue Use of Modalities, Ice as Needed

**Phase II: Dynamic Strengthening Phase (Advanced Strengthening Phase)**

WEEKS 4-6

❖ **Goals:**
  - Improve strength power/endurance
  - Improve neuromuscular control
Prepare patient to return to full activity

- Criteria to Enter Phase 3
  - Full nonpainful range of motion
  - No pain or tenderness

- Emphasis of Phase 3
  - high speed, high energy strengthening exercises
  - Eccentric exercises
  - Diagonal patterns

**PHASE III: RETURN TO ACTIVITY PHASE**

**EXERCISES**

- Continue Dumbbell strengthening (supraspinatus, deltoid)
- Initiate tubing exercises in the 90°/90° position for internal rotation/external Rotation (slow/fast sets)
- Tubing exercises for scapulothoracic musculature
- Tubing exercises for biceps
- Initiate plyometrics for rotator cuff muscles
- Initiate diagonal patterns (proprioceptive neuromuscular facilitation) PNF D₁
- flexion/extension patterns
- Initiate Isokinetic external/internal rotation in scapular plane
- Continue endurance exercises neuromuscular control exercises.