ARTHROSCOPIC SHOULDER DECOMPRESSION, DEBRIDEMENT OR EVALUATION

Phase I – Motion Phase

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 abduction, progress to abd and then abduction)
  Self-capsular stretches
• Strengthening exercises:
  Isometrics
  Tubing ER/IR at side in late phase
• Decrease pain and inflammation

Phase II – Intermediate Phase

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
• 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

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

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

Criteria to progress to phase IV:
• Full, non-painful ROM
• No pain or tenderness
• Satisfactory isokinetic test
• Satisfactory clinical exam

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