



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 - 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.