

Palmetto Health USC

ORTHOPEDIC CENTER

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ARTHROSCOPIC SUBACROMIAL DECOMPRESSION AND/OR PARTIAL ROTATOR CUFF DEBRIDEMENT PROTOCOL

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

I. PHASE I - MOTION PHASE

Goals: Re-establish non-painful Range of Motion
Retard Muscular Atrophy
Decrease pain/inflammation

Range of Motion:

- Pendulum Exercise
- Rope and Pulley
- L-Bar Exercises
 - Flexion/Extension
 - Abduction/Adduction
 - ER/IR (Begin at 0° AB, progress to 45° B, then 90° AB)
- Self-Stretches (capsular stretches)

Strengthening Exercises:

- Isometrics
- May initiate tubing for ER/IR at 0° AB late phase

Decrease Pain/Inflammation:

- Ice, NSAIDS, Modalities

II. PHASE II - INTERMEDIATE PHASE

Goals: Regain & Improve Muscular Strength
Normalize Arthrokinematics
Improve Neuromuscular Control of Shoulder Complex

Criteria To Progress to Phase II:

1. Full RANGE OF MOTION
2. Minimal Pain & Tenderness
3. Good MMT of I R, ER, Flex
 - Initiate Isotonic Program with Dumbbells
 - Shoulder musculature
 - Scapulothoracic
 - Normalize Arthrokinematics of Shoulder Complex
 - Joint Mobilization
 - Control L-Bar RANGE OF MOTION
 - Initiate Neuromuscular Control Exercises
 - Initiate Trunk Exercises
 - Initiate UPPER EXTREMITY Endurance Exercises
 - Continue use of modalities and ice as needed

III. PHASE III - DYNAMIC STRENGTHENING PHASE

Advanced Strengthening Phase

Goals: Improve Strength/Power/Endurance
Improve Neuromuscular Control
Prepare athlete to begin to throw, etc.

Criteria To Enter Phase III:

1. Full non-painful range of motion
2. No pain or tenderness
3. Strength 70% compared to contralateral side.

Emphasis of Phase III:

- 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 ER/IR (slow/fast sets)
- Tubing exercises for scapulothoracic musculature
- Tubing exercises for biceps
- Initiate Plyometrics for RTC
- Initiate isokinetic
- Continue endurance exercises: neuromuscular control exercises

IV. PHASE IV - RETURN TO ACTIVITY PHASE

Goals: Progressively increase activities to prepare patient for full functional return.

Criteria To Progress to Phase IV

1. Full range of motion
 2. No pain or tenderness
 3. Isokinetic test that fulfills criteria to throw
 4. Satisfactory clinical exam
- Initiate Interval Program
 - Continue all exercises as in Phase III
(Throw and Train on same day)
(Lower extremity and range of motion on opposite days)
 - Progress interval program

Follow up visits:

- Isokinetic tests
- Clinical Exam