

Arthroscopic Debridement of Slap Lesion (Type I And III) and/or Partial Rotator Cuff Debridement Protocol and/or Arthroscopic Subacromial Decompression

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 (Day 1 to Day 10)

Goals:

- Re-establish non-painful range of motion
- Retard muscular atrophy
- Decrease pain/inflammation

Range of Motion:

- Pendulum Exercises
- Rope and pulley
- L-bar exercises
 - Flexion/extension
 - Abduction/adduction
 - ER/IR (begin at 0° AB, progress to 45° AB, then 90° AB)
- Self stretches (capsular stretches)

Exercises:

- Isometrics
- NO BICEPS isometrics for 5-7 days postop
- May initiate tubing for ER/IR at 0° AB late phase (usually 7-10 days s/p)

Decrease Pain/Inflammation:

- Ice, NSAIDs, Modalities



Criteria to Progress to Phase II:

- Full ROM
- Minimal pain and tenderness
- “Good” MMT of IR, ER, Flex

II. Phase II – INTERMEDIATE PHASE (Week 2-4)

Goals:

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

Week 2:

Exercises:

- Initiate isotonic program with dumbbells
 - Shoulder musculature
 - Scapulothoracic
 - Tubing ER/IR at 0° abduction
 - Sidelying external rotation
 - Prone rowing external rotation
 - PNF manual resistance with dynamic stabilization
- Normalize arthrokinematics of shoulder complex
 - Joint mobilization
 - Continue stretching of shoulder (ER/IR at 90° of abduction)
- Initiate Neuromuscular control exercises
- Initiate proprioception training
- Initiate trunk exercises
- Initiate UE endurance exercises
- Decrease pain/inflammation: *Continue use of modalities, ice, as needed



Week 3

Exercises:

- Throwers Ten Program
- Emphasize rotator cuff and scapular strengthening
- Dynamic stabilization drills

Criteria to Progress to Phase III:

- Full non-painful ROM
- No pain or tenderness
- Strength 70% compared to contralateral side

III. PHASE III – DYNAMIC STRENGTHENING PHASE (Week 4-6)

Goals:

- Improve strength/power/endurance
- Improve neuromuscular control
- Prepare athlete to begin to throw, etc.

Exercises:

- Continue Throwers Ten Program
- Continue dumbbell strengthening (supraspinatus, deltoid)
- Initiate tubing exercises I the 90/90° position for ER/IR (slow/fast sets)
- Exercises for scapulothoracic musculature
- Tubing exercises for biceps
- Initiate plyometrics (2 hand drills progress to 1 hand drills)
- Diagonal patterns (PNF)
- Initiate isokinetic strengthening
- Continue endurance exercises: neuromuscular control exercises
- Continue proprioception exercises



Criteria to Progress to Phase IV:

- Full ROM
- No pain or tenderness
- Isokinetic test that fulfills criteria to throw
- Satisfactory clinical exam

IV. PHASE IV – RETURN TO ACTIVITY PHASE (Week 7 and Beyond)

Goals:

- Progressively increase activities to prepare patient for full functional return

Exercises:

- Initiate interval sport program (i.e., throwing, tennis, etc.)
- Continue all exercises as in Phase III (throw and train on same day, LE and ROM on opposite days)
- Progress interval program

Followup visits:

- Isokinetic tests
- Clinical exam