

Orthopaedic Sports Specialists, P.C.

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Post Operative Rehabilitation Protocol:

Arthroscopic Subacromial Decompression and/or Mumford and/or Partial Rotator Cuff & Labral Debridement

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.

Phase I - Motion Phase

*Goals: Reestablish 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 degrees AB, progress to 45 degrees AB, then 90 degrees AB)
- * self-stretches (capsular stretches)

Strengthening Exercises:

- * isometrics
- * May initiate tubing for ER/IR at 0 degrees AB late phase

Decrease pain/inflammation:

- * Ice, NSAID, modalities

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 ROM
2. Minimal pain and tenderness
3. "Good" MMT of IR, ER, Flex

* Initiate Isotonic Program with Dumbbells

- shoulder musculature
- scapulothoracic

* Normalize Arthrokinematics of Shoulder Complex

- joint mobilization
- control L-bar ROM

* Initiate neuromuscular control exercises.

* Initiate Trunk Exercises.

* Initiate Upper extremities endurance exercises

* Continue use of modalities, ice, as needed

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 ROM
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 degrees position for ER/IR (slow/fast sets)
- * Tubing exercises for scapulothoracic musculature
- * Tubing exercises for biceps
- * Initiate plyometrics for RTC
- * Initiate Diagonal Patterns (PNF)
- * Initiate Isokinetics
- * Continue endurance exercises: neuromuscular control exercises

Phase IV - Return to Activity Phase:

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

Criteria to Progress to Phase IVIV

1. Full ROM
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)
(LE and ROM on opposite days)

- * Progress Interval Program

Follow-up Visits:

- Isokinetic Tests
- Clinical Exam