

# **Orthopaedic Sports Specialists, P.C.**

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## **ARTHROSCOPIC Partial Rotator Cuff & Labral Debridement Protocol For Surgical Treatment of Internal Impingement**

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