

REHABILITATION FOLLOWING ARTHROSCOPIC SUBACROMIAL DECOMPRESSION

I: IMMEDIATE MOTION PHASE (0 – 2 WEEKS)

Goals: Re-establish non-painful range of motion
Retard muscular atrophy
Re-establish dynamic stabilization
Decrease pain/inflammation

A. Week one

Range of motion:

- Pendulums
- Rope and pulley (non-painful arc of motion)
- L-Bar exercises
 - Elevation in scapular plane
 - ER/IR (begin at 30° abduction; progress to 45° abduction)

Strengthening exercises:

- Isometrics – flexion, extension, abduction, ER, IR, biceps
- Rhythmic stabilization exercises (ER/IR & flex/ext)

Decrease pain/inflammation:

- Ice, NSAIDS, modalities

B. Week two

- Continue all ROM exercises
- May initiate heat prior to exercise
- Initiate ER/IR with L-Bar at 90° abduction
- Progress elevation to full ROM
- Progress isometrics
- Initiate ER/IR tubing at 0° abduction
- Initiate prone rowing

II: INTERMEDIATE PHASE (WEEK 2 – 6)

Goals: Regain & improve muscular strength
Normalize Arthrokinematics
Improve neuromuscular control of the shoulder complex
Diminish pain

Criteria to progress to Phase II:

1. Full ROM
2. Minimal pain & tenderness
3. “Good” MMT of IR, ER, flexion

A. Week 2-3

Exercises:

- Initiate isotonic program (no weight)
 - Shoulder elevation
 - Prone rowing
 - Prone horizontal abduction
 - Sidelying ER
 - Shoulder abduction to 90°
 - Shoulder extension to neutral
- * After one week provided patient has no pain and proper form, initiate exercise with 1 pound weight
- Normalize arthrokinematics of shoulder complex
 - Continue L-Bar ROM
 - Elevation in scapular plane
 - ER/IR at 90° abduction
 - Joint mobilization
 - Inferior, posterior, and anterior glides
- Initiate neuromuscular control exercises for scapula
- Initiate trunk and lower extremity exercises
- Initiate UE endurance exercises

Decrease pain and inflammation

- Continue use of modalities, ice, as needed

* May use heat prior to exercise program

B. Week 4-5

- Progress to fundamental shoulder exercise program

III: DYNAMIC STRENGTHENING PHASE (WEEK 6-12)

Goals: Improve strength/power/endurance
Improve neuromuscular control
Prepare athlete to return to sport

Criteria to progress to Phase II:

1. Full non-painful ROM
2. No pain or tenderness
3. Strength 70% compared to the contralateral side

A. Week 6-8

Exercises

- Continue isotonic program - fundamental shoulder
- Progress strengthening exercises
- Continue neuromuscular control exercises for scapular muscles
- Continue endurance exercises
- Initiate plyometric activities (2 hand drills)
 - * If patient's goal is sport activities
 - Chest pass
 - Side to side throws

B. Week 9-12

- Continue all exercises
- Initiate one hand plyometric drills
 - Wall dribbles
 - Baseball throws
 - Shovel throws
- Initiate interval sport program (week 10-12)
 - * If patient achieves specific criteria

IV: RETURN TO ACTIVITY PHASE (WEEK 13-22)

Goals: Progressively increase activities to prepare for full functional return

Criteria to progress to Phase IV:

1. Full ROM
2. No pain or tenderness
3. Satisfactory muscular strength
4. Satisfactory clinical exam

A. Exercises:

- Continue ROM and strengthening program
- Continue self capsular stretches as needed
- Continue fundamental shoulder exercise program
- Continue or Initiate interval sport program
- Gradually return to overhead activities, i.e. sports