

Shoulder Arthroscopy: SAD, DC, Debridement

PHYSICAL THERAPY PROTOCOL

POST-OP DAY 1

- Elbow, wrist and hand AROM (EWH)
- Supine passive forward elevation in plane of scapula (PFE) to tolerance
 - 10-20 reps, 2 x day
- Supine passive external rotation (PER) to tolerance
 - T-stick in 0-20 degrees flexion and 20 degrees abduction
 - 10-20 reps, 2 x day
- C-spine AROM
- Ice
- Positioning full time in sling until block has worn off
- Shoulder shrugs and retractions (no weight)
- Pain control modalities PRN
- D/C sling as tolerated
- Slowly Achieve full PROM in all planes

POST-OP WEEKS 1-4

- Heat/ice PRN to help obtain motion
- D/C sling as comfortable
- Achieve PROM goals to full in FE
- Achieve PROM goals in ER at 20 deg and 90 deg abduction to full
- Initiate posterior capsule stretching
- Isometrics, keeping elbow flexed to 90 degrees
 - Sub maximal, pain free
- Scapula retractions
- Aquatics after week 3
- Mobilizations PRN
- Trunk stabilization/strengthening
- Start AAFE and progress to AFE
- Start periscapular strengthening
 - Very low weight and high repetitions
- In Distal Claviclectomy patients, Do not initiate rotator cuff strengthening until 6-8 weeks and until night pain has subsided and overall pain level is low

POST-OP WEEKS 4-8

- Continue as above
- ROM should be full in all planes
- Progress isometrics
- Advance scapula strengthening
- Mobilizations PRN
- Aquatics for strengthening
- CKC activities for dynamic stability of scapula, deltoid and cuff
- Trunk stabilization/strengthening

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PHYSICAL THERAPY PROTOCOL

- Light PNF D1, D2 and manual resistance for cuff/deltoid/scapula
 - Rhythmic stabilization or slow reversal hold
- Initiate theraband ER and IR strengthening
- Progressive serratus anterior strengthening
 - Isolated pain free, elbow by side
- Progress to isotonic dumbbell exercises for deltoid and supraspinatus
- Cautions:
 - Assure normal scapulohumeral rhythm with AAFE and AFE
 - Strengthening program should progress only without signs of increasing inflammation
 - Strengthening program should emphasize high repetitions, low weight and should be performed a maximum of 2 x day

POST-OP WEEKS 2-6: Return to activity/advanced conditioning

- Stretching PRN
- Continue deltoid/cuff/scapula strengthening as above with the following progressions:
 - Prone isotonic strengthening PRN
 - Decreasing amounts of external stabilization provided to shoulder girdle
 - Integrate functional patterns
 - Increase speed of movements
 - Integrate kinesthetic awareness drills into strengthening activities
 - Decrease in rest time to improve endurance
- Progressive CKC dynamic stability activities
- Impulse
- Initiate isokinetic strengthening
- Mobilizations PRN
- Trunk stabilization/strengthening