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Rehabilitation Protocol After Arthroscopic Subacromial Decompression

I. Phase I: Motion Phase

Goals

- Re-establish nonpainful range of motion
 - Retard muscular atrophy
 - Decrease pain and inflammation
1. Range-of-motion exercises
 - (a) Pendulum exercises
 - (b) Rope-and-pulley exercises
 - (c) L-bar exercises
 - Flexion-extension
 - Abduction-adduction
 - External-internal rotation (begin at 0° abduction, progress to 45° abduction, then to 90° abduction)
 - Self-stretches (capsular stretches)
 2. Strengthening exercises
 - (a) Isometrics
 - (b) May initiate tubing for external-internal rotation at 0° abduction in late phase
 3. Decrease pain and inflammation: Ice, nonsteroidal anti-inflammatory drugs, modalities

II. Phase II: Intermediate Phase

Criteria to progress to phase II

- Full range of motion
- Minimal pain and tenderness
- “Good” manual muscle test of internal rotation, external rotation, and flexion

Goals

- Regain and improve muscular strength
 - Normalize arthrokinematics
 - Improve neuromuscular control of shoulder complex
1. Initiate isotonic program with dumbbells
 - (a) Shoulder musculature
 - (b) Scapulothoracic musculature
 2. Normalize arthrokinematics of shoulder complex
 - (a) Joint mobilization
 - (b) Control L-bar range of motion
 3. Initiate neuromuscular control exercises
 4. Initiate trunk exercises
 5. Initiate upper extremity endurance exercises
 6. Continue use of modalities; ice, as needed

III. Phase III: Dynamic Strengthening Phase

Criteria to progress to phase III

- Full, nonpainful range of motion
- No pain or tenderness
- Strength 70% compared to contralateral side

Goals

- Improve strength, power, and endurance

- Improve neuromuscular control
- Prepare athlete to begin to throw

Emphasis of phase III

- High-speed, high-energy strengthening exercises
 - Eccentric exercises
 - Diagonal patterns
1. Exercises
 - (a) Continue dumbbell strengthening (supraspinatus, deltoid)
 - (b) Initiate tubing exercises in the 90/90 position for external and internal rotation (slow/fast speeds)
 - (c) Continue tubing exercises for scapulothoracic musculature
 - (d) Continue tubing exercises for biceps
 - (e) Initiate plyometrics for rotator cuff
 - (f) Initiate diagonal proprioceptive neuromuscular facilitation
 - (g) Initiate isokinetics
 - (h) Continue exercises for endurance and neuromuscular control