

ARTHROSCOPIC DEBRIDEMENT OF SLAP LESION (TYPE I & III) AND/OR PARTIAL ROTATOR CUFF DEBRIDEMENT PROTOCOL

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.

I. PHASE I – MOTION PHASE (Day 1 to Day 10)

Goals: Re-establish non-painful Range of Motion
 Retard Muscular Atrophy
 Decrease pain/inflammation

Range of Motion:

- Pendulums 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)

Exercises:

- Isometrics
 - * NO BICEPS Isometrics for 5-7 days Post-op
- May initiate tubing for ER/IR at 0 degrees AB late phase (usually 7-10 days s/p)

Decrease Pain/Inflammation:

- Ice, NSAIDS, Modalities

II. PHASE II – INTERMEDIATE PHASE (Week 2-4)

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 & Tenderness
3. "Good" MMT of IR, ER, Flex

Week 2:

Exercises:

- Initiate Isotonic Program with Dumbbells
 - Shoulder musculature
 - Scapulothoracic
 - Tubing ER/IR at 0 degrees Abduction
 - Sidelying External Rotation
 - Prone Rowing External Rotation
 - PNF Manual Resistance with Dynamic Stabilization
- Normalize Arthrokinematics of Shoulder Complex
 - Joint Mobilization
 - Continue Stretching of Shoulder (ER/IR at 90 degrees of Abduction)
- Initiate Neuromuscular Control Exercises
- Initiate Proprioception Training

- Initiate Trunk Exercises
 - Initiate UE Endurance Exercises
 - Decrease Pain/Inflammation: * Continue use of modalities, ice, as needed

II. PHASE II – INTERMEDIATE PHASE (Week 2-4) – Continued

Week 3:

- Exercises:**

 - Throwers Ten Program
 - Emphasis Rotator Cuff & Scapular Strengthening
 - Dynamic Stabilization Drills

III. PHASE III – DYNAMIC STRENGTHENING PHASE – (Week 4-6)

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

- Exercises:

 - Continue Throwers Ten Program
 - Continue dumbbell strengthening (supraspinatus, deltoid)
 - Initiate Tubing Exercises in the 90/90° position for ER/IR (slow/fast sets)
 - Exercises for scapulothoracic musculature
 - Tubing exercises for biceps
 - Initiate Plyometrics (2 hand drills progress to 1 hand drills)
 - Diagonal Patterns (PNF)
 - Initiate Isokinetic Strengthening
 - Continue endurance exercises: neuromuscular control exercises
 - Continue Proprioception Exercises

IV. PHASE IV – RETURN TO ACTIVITY PHASE (Week 7 and Beyond)

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

Criteria to Progress to Phase IV:

1. Full ROM
 2. No pain or tenderness
 3. Isokinetic Test that fulfills criteria to throw
 4. Satisfactory Clinical Exam

- Exercises:**

 - Initiate Interval Sport Program (i.e., throwing, tennis, etc.)
 - 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