

Dr. John G. Skedros
Rehabilitation Protocol After Arthroscopic Subacromial Decompression

a. 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

a. 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