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Physical Therapy Protocol: Shoulder Arthroscopic Debridement, SAD, and/or DCR

Philosophy:

This shoulder arthroscopy protocol is a soft tissue post-op program which allows shoulder patients to recover as safely as possible. The emphasis for these individuals is sling for 2-4 weeks, with progression to work/sport-specific activities as safely as possible. These are mainly arthroscopic procedures, and so they are progressed variably depending on the patient's requirements for work/sports.

[If this is a Worker's Compensation patient who needs to return to a physically demanding job, a Brief Function Assessment (BFA) should be scheduled upon MD approval at post-op week 14-16. If the patient fails BFA, consider work hardening program.]

Phase I, surgery to 4 weeks

Appointments:

Medical appointment at 5-14d

Rehabilitation will begin as directed by your physician and as indicated on your rehabilitation order

Rehabilitation Goals:

Protect the operated shoulder

Cryotherapy unit to the shoulder: twenty minutes every two hours to reduce swelling

Precautions:

Sling for comfort

Suggested Therapeutic Exercises:

Heat before, ice after PT

PROM in all planes

Grade 1-3 joint mobilizations

AAROM with T-bar/pulleys

Instruct family member/friend in passive stretching to be performed daily

Codman's exercises/pendulums

Scapular clocks

Cardiovascular Exercises (with sling on):

Walking, Stairmaster, stationary bike, cross training for LE



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Phase II, (after Phase I criteria met, usually 4-6 weeks)

Appointments:

MD appointment at 6 weeks

Rehabilitation appointments every 5-7 days

Rehabilitation Goals:

Restore AROM

Progress shoulder strength and endurance, with full discontinuation of sling

Suggested Therapeutic Exercises:

Submaximal isometrics in all planes

Prone scapular strengthening (rows, extension, horizontal abduction)

Grade 3-4 joint mobilizations

Shoulder AROM

UBE (light resistance), hythmic stabilizations, RTC strengthening, closed chain activities (wall push-ups, 4-point hand walking)

Phase III, (after Phase II criteria met, usually 6+ weeks)

Rehabilitation Goals:

Full shoulder and scapular ROM, all planes

Muscle activation

Suggested Therapeutic Exercises:

Progress RTC and scapular strengthening

Shoulder PREs

Progress OH tolerance (volleyball, tennis, throwing, swimming)

Initiate plyometric program (progress double to single)

Return to sport is generally acceptable at 6-8 weeks after surgery, after clearance by surgeon and physical therapist/ATC

References:

- Azar FM, Beaty JH, Canale ST. *Campbell's Operative Orthopedics*; 2567-2629, 2017.
- Giangarra C, Manske R. *Clinical Orthopedic Rehabilitation: A Team Approach*;164-173, 2017.
- Maxey L, Magnusson J. *Rehabilitation for the Postsurgical Orthopedic Patient*;99-117, 2013.