

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

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), rhythmic 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.