

**ARTHROSCOPIC SUBACROMIAL DECOMPRESSION
CLAVICULAR RESECTION
PARTIAL ROTATOR CUFF DEBRIDMENT
JOSEPH R. MISSON, MD**



PATIENT: _____

DATE OF SURGERY _____

PHASE I: MOTION PHASE DAY 1 - 14

GOALS:

- Re-establish non-painful ROM active and passive
- Retard muscle atrophy
- Decrease pain / inflammation

HOME EXERCISE PROGRAM:

- Pendulums
- Pulley for ROM
- Wand
 - flexion - extension
 - Abduction
 - ER / IR
- Isometrics
- Light Theraband for ER / IR at 0 degrees abduction usually at 7 - 10 days post-op within comfortable ROM
- Frequent use of cold packs to decrease pain and inflammation

PHASE II INTERMEDIATE PHASE WEEK 2-4

GOALS:

- Continue to restore AROM and PROM as needed
- Regain and improve functional strength
- Improve neuromuscular control of shoulder complex
- Normalize arthrokinematics

CRITERIA TO PROGRESS TO PHASE II:

- Full to near full ROM
- Minimal pain and tenderness

HOME EXERCISE PROGRAM:

- Initiate isotonic strengthening with light dumbbells or "soup cans"
 - Sidelying ER
 - Prone rowing
 - Prone horizontal abduction
 - Bicep curls / Tricep extension
 - Scapular positioners
- Normalize arthrokinematics of shoulder complex
 - Joint mobilization
 - Continue stretching of shoulder add ER / IR at 90 degrees of abduction
 - Initiate neuromuscular control and proprioception exercises
- Continue cold packs as needed

PHASE III DYNAMIC STRENGTHENING PHASE WEEK 4 - 6

GOALS:

- Improve strength / power / endurance
- Improve neuromuscular control
- Prepare athlete to begin throwing

EXERCISE:

- Continue dumbbell strengthening
- Initiate theraband exercise for ER / IR in 90/90 position
- Continue
 - Scapulothoracic strengthening
 - Endurance / neuromuscular control / proprioception exercises

PHASE IV RETURN TO ACTIVITY PHASE WEEK 7 AND BEYOND

GOAL:

- Progressively increase activities to prepare patient for full functional return to sport

EXERCISES:

- Continue above exercise in phase III
- Initiate interval throwing

Physician Signature: _____