# Shoulder Debridement Rotator Cuff & SLAP Tears, Subacromial Decompression & Acromioplasty, AC Joint Resection

Name:	Date:	DOS:
	/WK X 6 WKS	

## **GOALS**

\*\*n.b.: The patient requires 30-45 min of one-on-one, manual joint mobilization each session until full PASSIVE ROM in all planes is achieved!!

#### **GOALS**

- Decrease pain via proper pain management techniques
- Increase A/PROM to normal full and symmetric Glenohumeral ROM
- Restore Scapulothoracic rhythm
- Good compliance to Home Exercise Program (HEP)
- Increase strength to 5/5 and normal movement patterns for ADL's, work and sport.
- For biceps tenodesis, no biceps loading/resistive exercises for 6 weeks.

#### **HOME PROGRAM**

- Codman's all planes
- Educate on avoiding impingement
- Supine flexion via wand, wall climb or pulley w/ emphasis on long duration and low intensity
- Supine abduction w/ wand to 90 degrees only progressing in pain free ROM and avoiding impingement
- Supine ER w/ shoulder at 0, 45 and 90 degrees of abduction using wand. Support humerus w/ pillow/rolled towel for neutral positioning
- RTC/posterior capsule stretch and towel stretch and progress as pain allows
- A/AA/PROM PNF patterns (D1F/E, D2F/E)
- Cervical ROM
- Scapular stabilization exercises
- ADL activities as tolerated
- Posture education
- Discuss precautions w/ work/sport and criteria for progression
- Home E-Stim unit for Muscle re-education prn
- Home pulleys



#### **CLINICAL INTERVENTION**

## **Evaluation:**

- 3-5 days post-op
- Issue HEP
- Remove dressing and assess site.
- Educate in home wound care
- Tendonitis pts may report to PT same day as MD visit/injection for acute care management (RICE)
- Progress Note submitted w/ pt upon follow up visit to MD (usually every 4 wks)

## **Modalities:**

- HP warm-up prior to exercise until DC
- E-Stim/US for pain management w/ CP prn
- E-Stim for Muscle re-ed

# **Therapeutic Exercise:**

- Pulley, wall climb, wand: avoid impingement and hiking
- No UBE!
- Muscle strengthening via appropriate progression of MRE's, isometrics, light istonics (1-5 lbs, including T-Band) and machines all in pain free ROM.
- Scapular stabilization including scapular depression.
- Precautions: avoid impingement, monitor and educate in proper movement patterns and technique of exercise at all times.
- Discuss w/ MD need for further objective evaluation of strength and more aggressive POC before return to work.
- Consider need for FCE/Work Conditioning and discuss w/MD

## **Manual Therapy:**

Restore Glenohumeral arthrokinematics and osteokinematics via appropriate manual techniques.

# 0-2/13 WEEKS: REHAB SPECIFICATIONS: (2-3X/WK)

- PROM/AAROM/AROM IN ALL PLANES; PROGRESS AS TOLERATED
- POST –OP IMMOBILIZER BRACE FOR 2-3 WEEKS UNTIL SUFFICIENTLY MOBILE
- INSTRUCTION OF PROPER HOME ROM FUNCTION

## **EXERCISES:**

- WAND
- PENDULUMS/CODMAN'S
- ELBOW/WRIST/HAND ROM/GRIP STRENGTHENING
- HOME PULLEY PLS INSTRUCT ON USE
- ROM GUIDELINES: PROGRESS AS TOLERATED
  - FORWARD FLEXION- 0-90 DEGREES
  - ABDUCTION 0-90 DEGREES
  - ACHIEVE FULL AND SYMMETRIC PASSIVE ER & IR ASAP
  - SCAPULAR ELEVATION AND RETRACTION EXERCISES
  - PERI-SCAPULAR ISOMETRICS

# 2-4/13 WEEKS: REHAB SPECIFICATIONS:

(2-3X/WK)

- CONTINUE WITH JOINT PROTECTION USING IMMOBILIZER BRACE, IF NECESSARY
- MAY BEGIN AQUATIC ACTIVITIES
- CONTINUE WITH ROM PROGRESSION
  - INCREASE FORWARD FLEXION 0-135 DEG
  - INCREASE ABDUCTION 0-135 DEG
  - ACHIEVE FULL AND SYMMETRIC ER & IR

## **EXERCISES:**

- PROGRESS ROTATOR CUFF STRENGTHENING WITH ISOMETRICS
- PROGRESS INTO AROM PRE'S WITH LIGHT WEIGHT/RESISTANCE
- BEGIN THERABAND EXERCISES AS TOLERATED
- PERI-SCAPULAR RESISTANCE EXERCISES
- AQUATICS W/EMPHASIS ON STRENGTHENING

## 4-6/13 WEEKS: REHAB SPECIFICATIONS:

(2-3X/WK)

- GOAL: ACHIEVE FULL, SYMMETRIC ROM BY END OF WEEK 6!!
- CONTINUE WITH ROM PROGRESSION
- FORWARD FLEXION 0-180 DEG
- ABDUCTION 0-180 DEG
- ER/IR FULL/SYMMETRIC

#### **EXERCISES:**

- CONTINUE WITH PROGRESSION AS TOLERATED
- BEGIN ROTATOR CUFF STRENGTHENING WITH ISOMETRICS
- PROGRESS INTO AROM PRE'S WITH LIGHT WEIGHT/RESISTANCE
- CONTINUE AQUATICS W/EMPHASIS ON STRENGTHENING

## 6-8/13 WEEKS: REHAB SPECIFICATIONS:

(2-3X/WK)

- GOAL: FULL ROM REACHED IN ALL PLANES
- MONITOR/EDUCATE PROPER MECHANICS
  - AVOID HIKING
  - AVOID IMPINGEMENT
  - ENCOURAGE SCAPULAR DEPRESSION

#### **EXERCISES:**

CONTINUE WITH PROGRESSION AS TOLERATED

## 8-13/13 WEEKS: REHAB SPECIFICATIONS:

(2-3X/WK)

- UNRESTRICTED STRENGTHENING AND PROGRESS TOWARD MORE FUNCTIONAL, SPORTS, RECREATIONAL, OR WORK—RELATED ACTIVITIES
  - EDUCATE PROPER MECHANICS

#### **EXERCISES:**

- UE AND LE WORKOUT
- PROGRESSIVE THERABAND FOR ROTATOR CUFF
- PROGRESS ALL PRE'S
- BEGIN FUNCTIONAL STRENGTHENING: EMPHASIZE SCAPULA MUSCLES/LATS/BICEPS/TRICEPS

# **13-16 WEEKS:** REHAB SPECIFICATIONS:

(1-2X/WK)

- PREPARE PATIENT FOR DISCHARGE THROUGH
- RELATIONSHIP WITH WORK-HARDENING/FCE, ATHLETIC TRAINER, STRENGTH SPECIALIST, ETC.
  - PATIENT SHOULD HAVE A GOOD, COMPREHENSIVE HOME PROGRAM WITH EMPHASIS ON PROPER TECHNIQUE

#### **EXERCISES:**

- CONTINUE GENERAL STRENGTHENING
- PROGRAM IN CLINIC AND @ HOME
- PROGRESS TO PLYOMETRICS/ECCENTRICS/DYNAMIC STRENGTHENING AS TOLERATED

Signature:	Raphael S.F. Longobardi, M.	D
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