

Accelerated Shoulder Surgery / Debridement Rehabilitation Protocol

| Phase | Goals | Precautions / Restrictions | Treatment |
|-------------------------|---|--|--|
| Weeks 0 – 3 | <ul style="list-style-type: none"> • Maintain full active elbow, wrist and hand ROM • Maintain / improve range of motion progressing from Progressive ROM to Active Assisted ROM • Try to achieve symmetry to comparable shoulder • Decrease pain and protective / compensatory behaviors • Maintain fitness of the athlete as able with low impact aerobic exercise | <ul style="list-style-type: none"> • Avoid provocative maneuvers, motions that cause discomfort • Wean out of sling as soon as able • No lifting > 5 lbs. during weeks 0 - 3 | <ul style="list-style-type: none"> • Passive to Active Assisted Shoulder Range of Motion in all planes <ul style="list-style-type: none"> ○ Pendulums / Flexion / Abduction ○ External Rotation / Internal Rotation • Complete ADL's with affected arm as able with minimal to no pain. • Initiate Isometric Exercises <ul style="list-style-type: none"> ○ Rotator Cuff / Deltoid ○ Periscapular • Criteria for progression <ul style="list-style-type: none"> ○ Minimal pain and tenderness ○ Improved active / passive ROM ○ Return to functional ROM • Initial visit: FOTO, QuickDASH |
| Weeks 3 – 6 | <ul style="list-style-type: none"> • Full active shoulder Range of Motion in all planes • Initiate strength / resistance training 2 – 3 x / week • Maintain fitness of the athlete as able. | <ul style="list-style-type: none"> • Avoid provocative maneuvers, motions or exercises that cause discomfort • Avoid high velocity or high load activities of the shoulder • Slowly advance 5 lb. lifting restriction to unrestricted lifting as able | <ul style="list-style-type: none"> • Passive to Active Assisted Shoulder Range of Motion in all planes <ul style="list-style-type: none"> ○ Flexion / Abduction ○ External Rotation / Internal Rotation ○ Hand Behind Head / Behind Back • Progress to Isotonic exercises as able with low loads and little to no pain • Criteria For Progression <ul style="list-style-type: none"> ○ Full painless active ROM ○ No pain or tenderness with strengthening exercises • Week 6: FOTO, QuickDASH |
| Weeks 6 – 12 | <ul style="list-style-type: none"> • Improve shoulder complex strength, power, endurance • Progressive, Systematic Interval Program for Returning to Sports <ul style="list-style-type: none"> ○ Overhead Athletes ○ Tennis ○ Golf | <ul style="list-style-type: none"> • Appropriate progression of increased velocity and loaded activities of the shoulder | <ul style="list-style-type: none"> • Isotonic strength training exercises with progressive overload • Initiation of plyometric training with a focus on speed/velocity of movement • Sport Specific Training • Functional testing: <ul style="list-style-type: none"> ○ Isokinetic dynamometer if available ○ HHD • Week 12: FOTO, QuickDASH |

This protocol is not meant to be prescriptive but a recommendation to guide the rehabilitation process.

Each patient's progress may vary based on specifics of their injury and procedure.

