



PT Protocol

Shoulder Arthroscopy, Decompression

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Phase 1: 0-6 Weeks

Goals

Reduce pain and swelling, begin range of motion, ADL strategies and sling management, begin postural education

Sling

0-10 days: Use much of the time, but may remove at patient's discretion
10 days to 3 Weeks: Use sling as needed for comfort

Range of Motion

Pendulum/Codman exercises begin day 1
0-10 days: AAROM: Forward flexion and Scaption to 90 degrees, Active ER and IR as tolerated
10 days to 6 Weeks: Advance AAROM as tolerated progressing to active flexion and scaption

Strength

0-10 Days: Begin squeeze ball, elbow, wrist and hand active movement day 1,
Scapular retractions, shrugs, wall walk added as tolerated
Walking for exercise (in sling)
10 Days to 4 Weeks: Active IR, ER standing with arm at side with resistance bands
Wand exercises (beginning supine), scapular protraction "press plus"
Scaption and elevation with weight of arm only
Prone shoulder extension and reverse fly, (scapular pinch)
Rows upright or bent over focus on scapular mechanics
Stationary bike (in sling or non weight bearing on operative side)
4-6 Weeks: Add resistance to above



Functional Measure

ASES Score greater than 50

Phase 2: 6-12 Weeks

Goals

Full range of motion, focus on scapular retraining, prepare for full activity

Range of Motion

Stretching as needed to restore full range, but be mindful not to increase inflammation

Strength

6-9 Weeks: Scapular retraining progressing, add I's, T's and Y's

- Continue rows and reverse fly

- Add pull downs when overhead reach is essentially pain free

- Rotator cuff continues with bands or dumbbells

- Wall push ups and dumbbell chest to press plus position, advance as tolerated

- Blood Flow Restriction training (BFR)

- Add core work, lower extremity strengthening

9-12 Weeks: Progress above series

- Add Blade exercises

- Advance to full push up or high plank

Conditioning

Increase bike, elliptical, walking

Balance starting with single leg. Later may add perturbation

Functional Measure

ASES score greater than 70



Phase 3: 3-6 Months

Goals

Advance resistance shoulder exercises, Return to full activity

Range of Motion

Notify physician if there are range of motion deficits

Strength

Continue all previous advancing resistance as tolerated

For athletes, advance closed chain shoulder work from high plank position (walks, tennis ball catch and toss, alternating shoulder touches, dead bug, side plank)

For throwers, plyometric pitch back with light ball when scapular mechanics and rotator cuff strength allow. Work toward Throwing Progression

Conditioning, Plyometrics and Agility

Focus on total body conditioning especially core, balance and aerobic fitness
Hand eye drills with balance (BOSU ball toss), add perturbation when ready
Supine two handed medicine ball toss and catch, advance to upright

Sport specific drills, plyometrics and agility work
Work tolerance conditioning as appropriate

Criteria for Throwing Progression

Excellent scapular mechanics
Pitch back continuously for one minute with light ball
2/10 on pain scale

Functional Measure

ASES score greater than 80



Criteria for Return to Play

0/10 pain at rest and with exertion

One minute high plank alternating shoulder touches

>95% ER and IR endurance compared to uninvolved side

MD approval