



Arthroscopic Subacromial Decompression
and/or
Rotator Cuff Debridement

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- Phase I – Motion Phase
- Will typically begin therapy immediately post op
 - Goals
 - Re-establish non-painful ROM
 - Decrease pain and inflammation
 - Prevent muscular inhibition
 - Cryotherapy for pain/inflammation
 - Ice 15-20 minutes every hour
 - Sling as needed for comfort
 - Prefer to use in public for first 2 weeks
 - ROM
 - Progress as tolerated
 - Pulley, L-bar
 - Self-stretches
 - Isometrics
 - Precautions
 - No heavy lifting
 - No excessive behind-the-back movements

- Phase II – Intermediate Phase
 - Goals
 - Regain and improve muscular strength
 - Normalize kinematics
 - Gradually restore full PROM
 - Re-establish dynamic shoulder stability
 - Decrease pain and inflammation
 - Criteria to progress to Phase II
 - Full ROM
 - Minimal pain/tenderness
 - Good MMT strength

- Continue use of ice as needed
- May use heat prior to ROM exercises
- Continue use of sling until comfortable (patient/therapist discretion)
- Use of modalities as needed

- Phase III – Dynamic Strengthening Phase

- Goals
 - Improve strength/power/endurance
 - Improve neuromuscular control
 - Dynamic shoulder stability
 - Gradual return to functional activities
- Criteria to progress to Phase III
 - Full, non-painful ROM
 - Minimal pain/tenderness
 - Strength 70% or better of contralateral side
- Eccentric exercises
- Continue dynamic stabilization
- Progress strengthening exercises

- Phase IV – Return to Activity Phase

- Goals
 - Progressively increase activities to prepare for full functional return
- Criteria to progress to Phase IV
 - Full ROM
 - No pain/tenderness
 - Satisfactory clinical exam
- Initiate interval program (for throwers)
- Gradual return to strenuous work activities
- Gradual return to recreational sports activities