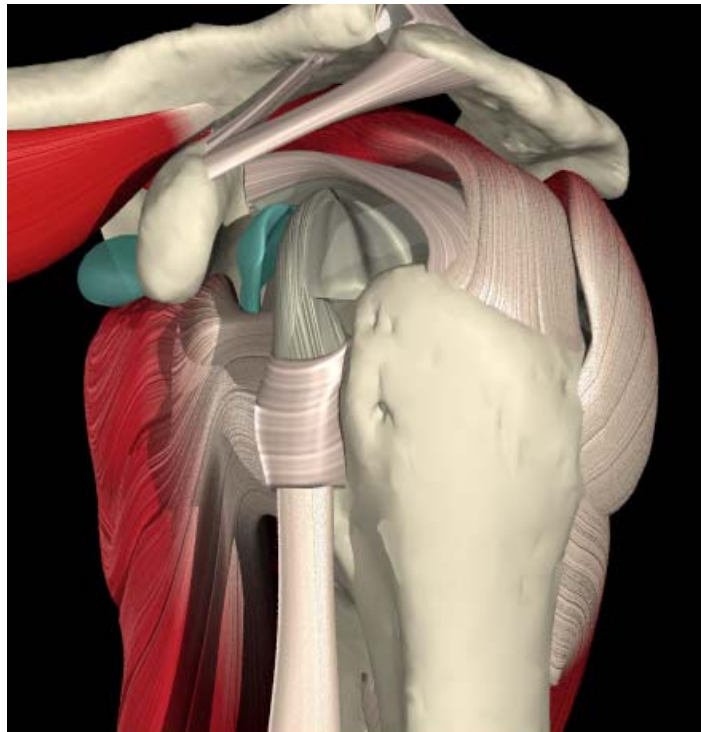


COSM REHAB

ANOTHER SERVICE PROVIDED BY
THE CENTER FOR ORTHOPAEDICS & SPORTS MEDICINE

REHABILITATION PROTOCOL

SHOULDER SUBACROMIAL DECOMPRESSION AND/OR PARTIAL ROTATOR CUFF DEBRIDEMENT AND/OR DISTAL CLAVICAL EXCISION



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Please contact us with any questions. www.pacosm.com

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Developed: 3/2006

Revised: _____

 <p>COSM REHAB</p>	<p>REHABILITATION PROTOCOL</p>	<p>PAGE 1 OF 4</p>
<p>ARTHROSCOPIC SUBACROMIAL DECOMPRESSION AND/OR PARTIAL ROTATOR CUFF DEBRIDEMENT PROTOCOL AND/OR DISTAL CLAVICAL EXCISION/MUMFORD PROCEDURE</p>	<p>Indiana 724.465.2676 Punxsutawney 814.938.0740 Clarion 814.226.6573</p>	<p>DEVELOPED: 3/2006 REVISED:</p>

Special note: *This protocol is only a guideline and not intended to substitute for appropriate clinical decision making by the clinician. If a clinician requires assistance, the clinician should consult with the referring surgeon.*

This rehabilitation program's goal is to return the patient/athlete to their activity/sport as quickly and safely as possible. The program is based on muscle physiology, biomechanics, anatomy and healing response.

PHASE I – IMMEDIATE MOTION PHASE (0-2 weeks)

Goals:

- Re-establish non-painful Range of Motion
- Retard Muscular Atrophy
- Decrease pain/inflammation
- Re-establish dynamic stabilization

Range of Motion:

- Passive Range of Motion
- Pendulums Exercise
- Pulley Exercises
- Wand exercises
 - Flexion/Extension
 - Abduction/Adduction
 - ER/IR (Begin at 0 degrees AB, progress to 45 degrees AB, then 90 degrees AB)
 - Active elbow, wrist and hand

Self-stretches (capsular stretches)

- Inferior
- Posterior

Strengthening Exercises:

- Isometrics
 - Flexion, extension, abduction, IR, ER, Biceps
- May initiate tubing for ER/IR at 0 degrees AB late phase
- Light wrist PRE's and hand strengthening.

Decrease Pain/Inflammation:

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PHASE II – INTERMEDIATE PHASE (2-6 weeks)

- Goals:**
- Regain & Improve Muscular Strength
 - Normalize Arthrokinematics
 - Improve Neuromuscular Control of Shoulder Complex
 - Diminish Pain

Criteria to Progress to Phase II

Full ROM

Minimal Pain & Tenderness

Exercises:

- Initiate Isotonic Program with Dumbbells
 - Start light with ½ to 1 pound and progress only as tolerated based on pain and quality of performance and motion.
 - Shoulder musculature and Scapulothoracic
 - o Elevations
 - o Prone rowing
 - o Prone horizontal abduction
 - o Side-lying ER
 - o Shoulder abduction to 90, greater in late phase
 - o Shoulder extension to neutral
 - o Band exercises

Normalize Athrokinematics of Shoulder complex

- Joint Mobilization
- Control Wand ROM

Initiate Neuromuscular Control Exercises

Initiate Trunk Exercises

Initiate UE Endurance Exercises

Decrease Pain/Inflammation:

Continue use of modalities, ice, as needed

PHASE III – DYNAMIC STRENGTHENING PHASE (6 to 12 weeks)

Goals: Improve Strength / Power/Endurance
Improve Neuromuscular Control
Prepare athlete to begin to throw
Prepare worker to simulate job tasks

Criteria To Enter Phase III:

Full non-painful ROM
No pain or tenderness

Emphasis of Phase III:

High speed, high energy strengthening exercises
Eccentric exercises
Diagonal patterns

Exercises:

- Continue dumbbell strengthening (supraspinatus, deltoid)
- Initiate Tubing exercises in the 90/90 degree position for ER/IR (slow/fast sets)
- Tubing exercises for scapulothoracic musculature
- Tubing exercises for biceps
- Initiate Plyometrics for RTC
- Initiate Diagonal Patterns (PNF)
- Initiate Isokinetics
- Continue endurance exercises: neuromuscular control exercises

PHASE IV – RETURN TO ACTIVITY PHASE (12 weeks+)

(Note: Return to sport or work may occur early based on physician decision)

Goals: Progressively Increase Activities to prepare patient for full functional return to sport or work.

Criteria To Progress to Phase IV:

Full ROM
No pain or tenderness
Satisfactory Clinical Exam
Normal shoulder mechanics

Exercises:

- Initiate Sport or Work Interval Program
- Continue all exercises as in Phase III
(Throw and Train on Same Day), (LE and ROM on Opposite Days)
- Progress Interval Program

Developed: 3/2006

Revised: _____

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