
Rehabilitation Following Arthroscopic Rotator Cuff &/or Glenoid Labrum Debridement for the Overhead Thrower

I. Phase I - IMMEDIATE MOTION PHASE (0 – 2 WEEKS)

Goals: Re-establish non-painful range of motion
Retard muscular atrophy
Re-establish dynamic stabilization
Decrease pain/inflammation

Week 1:

Range of motion:

- Passive ROM to tolerance
- Pendulums
- Rope and pulley (non-painful arc of motion)
- L-Bar exercises
 - Elevation in scapular plane
 - ER/IR (begin at 30° abduction; progress to 45° abduction)

Strengthening exercises:

- Isometrics – flexion, extension, abduction, ER, IR, biceps
- Rhythmic stabilization exercises (ER/IR & flex/ext)

Decrease pain/inflammation:

- Ice, NSAIDS, modalities

Week 2:

- Continue all ROM exercises
- Stretch to improve IR – sleeper stretch, supine cross body stretch
- May initiate heat prior to exercise
- Initiate ER/IR with L-Bar at 90° abduction
- Progress elevation to full ROM
- Progress isometrics
- Initiate ER/IR tubing at 0° abduction
- Initiate prone rowing

II. Phase II - INTERMEDIATE PHASE (WEEK 2 – 6)

Goals Regain & improve muscular strength
Normalize Arthrokinematics
Improve neuromuscular control of the shoulder complex
Diminish pain

Criteria to progress to Phase II:

1. Full ROM
2. Minimal pain & tenderness
3. “Good” MMT of IR, ER, flexion

Week 2-3

Exercises:

- Initiate isotonic program (no weight)
 - Shoulder elevation
 - Prone rowing
 - Prone horizontal abduction
 - Sidelying ER
 - Shoulder abduction to 90°
 - Shoulder extension to neutral

* After one week provided patient has no pain and proper form, initiate exercise with 1 pound weight

- Normalize arthrokinematics of shoulder complex
 - Continue L-Bar ROM
 - Elevation in scapular plane
 - ER/IR at 90° abduction
 - Joint mobilization
 - Inferior, posterior, and anterior glides (as needed)
- Initiate neuromuscular control exercises for scapula
- Emphasize scapular strengthening
- Initiate trunk and lower extremity exercises
- Initiate UE endurance exercises
- IR ROM - Sleeper stretch, cross body stretch

Decrease pain and inflammation

- Continue use of modalities, ice, as needed
- * May use heat prior to exercise program

Week 4-5

- Progress to Thrower's Ten Program

III. Phase III - DYNAMIC STRENGTHENING PHASE (WEEK 6-12)

Goals: Improve strength/power/endurance
 Improve neuromuscular control
 Prepare athlete to return to sport

Criteria to progress to Phase II:

1. Full non-painful ROM
2. No pain or tenderness
3. Strength 70% compared to the contralateral side

Week 6-8

Exercises

- Continue isotonic program – Thrower's Ten Exercises
- Progress to Advanced Thrower's Ten Exercises at 8 weeks
- Progress strengthening exercises
- Continue neuromuscular control exercises for scapular muscles
- Continue endurance exercises
- Initiate 2-Hand plyometric activities (8 weeks)
 - Chest pass
 - Side to side throws

Week 9-12

- Continue all exercises
- Initiate one hand plyometric drills (week 12)
 - Wall dribbles
 - Baseball throws
 - Shovel throws

IV. Phase IV - RETURN TO ACTIVITY PHASE (WEEK 13-22)

Goals: Progressively increase activities to prepare for full functional return

Criteria to progress to Phase IV:

2. Full ROM
3. No pain or tenderness
4. Satisfactory muscular strength
5. Satisfactory clinical exam

Week 16-20:

- Continue all exercise listed above
- Continue all stretching
- Continue Advanced Throwers Ten Program
- Continue Plyometric Program
- Initiate interval Throwing program- week 16
**See interval Throwing Program

V. Phase V – Advanced Strengthening Phase (Week 20-26)

Goals: Enhanced muscular strength, power and endurance
Progress functional activities
Maintain shoulder mobility

Criteria to enter Phase IV:

1. Full non-painful ROM
2. Satisfactory static stability
3. Muscular strength 75-80% of contralateral side
4. No pain or tenderness

Week 20-26:

- Continue flexibility & stretching exercises
- Continue isotonic strengthening program
- PNF manual resistance patterns
- Plyometric strengthening
- Progress interval sport programs

VI. Phase VI – Return to Activity Phase (Month 6 to 9)

Goals: Gradual return to sport activities
Maintain strength, mobility and stability

Criteria to enter Phase V:

1. Full functional ROM
2. Muscular performance isokinetic (fulfills criteria)
3. Satisfactory shoulder stability
4. No pain or tenderness

Exercises:

- Gradually progress sport activities to unrestricted participation
- Continue stretching and strengthening program
- Gradually return to overhead activities, i.e. sports
- Progress to unrestricted throwing