



ARTHROSCOPIC DEBRIDEMENT OF SLAP LESION (TYPE I & III) AND/OR PARTIAL ROTATOR CUFF DEBRIDEMENT PROTOCOL

I. PHASE I – MOTION PHASE (Day 1 to Day 10)

Goals: Re-establish non-painful Range of Motion
Retard Muscular Atrophy
Decrease pain/inflammation

Range of Motion: *Pendulums Exercise
 *Rope and Pulley
 *L-bar exercises
 - Flexion/Extension
 - Abduction/adduction
 - ER/IR (Begin at 0 degrees AB, progress to 45 degrees AB, then 90
 degrees AB)
 *Self-stretches (capsular stretches)

Exercises: *Isometrics
 **NO BICEPS Isometrics for 5-7 days Post-op
 *May initiate tubing for ER/IR at 0 degrees AB late phase (usually 7-10 days s/p)

Decrease Pain/Inflammation: *Ice, NSAIDS, Modalities

II. PHASE II – INTERMEDIATE PHASE (Week 2-4)

Goals: Regain & Improve Muscular Strength
Normalize Arthrokinematics
Improve Neuromuscular Control of Shoulder Complex

Criteria to Progress to Phase II:

1. Full ROM
2. Minimal Pain & Tenderness
3. "Good" MMT of IR, ER, Flex

Week 2:

Exercises: *Initiate Isotonic Program with Dumbbells
 - Shoulder musculature
 - Scapulothoracic
 - Tubing ER/IR at 0 degrees Abduction
 - Sidelying External Rotation
 - Prone Rowing External Rotation
 - PNF Manual Resistance with Dynamic Stabilization
 *Normalize Arthrokinematics of Shoulder Complex
 - Joint Mobilization
 - Continue Stretching of Shoulder (ER/IR at 90 degrees of
 Abduction)
 *Initiate Neuromuscular Control Exercises
 *Initiate Proprioception Training
 *Initiate Trunk Exercises
 *Initiate UE Endurance Exercises

Decrease Pain/Inflammation: *Continue use of modalities, ice, as needed

