

## 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