



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

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.

### 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

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

**Week 3:**

- Exercises:
- Throwers Ten Program
  - Emphasis Rotator Cuff & Scapular Strengthening
  - Dynamic Stabilization Drills

III. **PHASE III – DYNAMIC STRENGTHENING PHASE – (Week 4-6)**

Goals: Improve Strength/Power/Endurance  
 Improve Neuromuscular Control  
 Prepare Athlete to begin to throw, etc.

***Criteria to Enter Phase III:***

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

- Exercises:
- Continue Throwers Ten Program
  - Continue dumbbell strengthening (supraspinatus, deltoid)
  - Initiate Tubing Exercises in the 90/90° position for ER/IR (slow/fast sets)
  - Exercises for scapulothoracic musculature
  - Tubing exercises for biceps
  - Initiate Plyometrics (2 hand drills progress to 1 hand drills)
  - Diagonal Patterns (PNF)
  - Initiate Isokinetic Strengthening
  - Continue endurance exercises: neuromuscular control exercises
  - Continue Proprioception Exercises

IV. **PHASE IV – RETURN TO ACTIVITY PHASE (Week 7 and Beyond)**

Goals: Progressively increase activities to prepare patient for full functional return

***Criteria to Progress to Phase IV:***

1. Full ROM
2. No pain or tenderness
3. Isokinetic Test that fulfills criteria to throw
4. Satisfactory Clinical Exam

- Exercises:
- Initiate Interval Sport Program (i.e., throwing, tennis, etc.)
  - Continue all exercises as in Phase III  
 (throw and train on same day), (LE and ROM on opposite days)
  - Progress Interval Program

- Follow-up Visits:
- Isokinetic Tests
  - Clinical Exam