Accelerated Shoulder Surgery / Debridement Rehabilitation Protocol

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This protocol provides general guidelines for rehabilitation following accelerated shoulder surgery / debridement. Progression should be individualized based on the procedure, healing, and patient response, with modifications as directed by the surgeon.

Phase	Goals	Precautions / Restrictions	Treatment

Weeks 0-3	● Maintain/improve range of motion progressing PROM to AAROM
	● Try to achieve symmetry to comparable shoulder
	● Decrease pain and protective/compensatory behaviors
	● Maintain fitness of the athlete as able with low impact aerobic exercise
		● **Avoid provocative maneuvers, motions or exercises that cause discomfort**
		● Wean out of sling as soon as able
		● **No lifting > 5 lbs during weeks 0-3**
			General guidelines
			● Passive to Active Assisted Shoulder ROM in all planes
			  ● Pendulum
			  ● Flexion / Abduction
			  ● External Rotation / Internal Rotation
			● Maintain full active elbow, wrist and hand ROM
			● Complete ADL's with affected arm as able with minimal to **no pain.**
			● Initiate Isometric Exercises
			  ● Rotator Cuff
			  ● Deltoid
			  ● Periscapular
			● Criteria for progression
			  ● Minimal pain and tenderness
			  ● Improvement of active/passive ROM
			  ● Return to functional ROM
			Initial visit
			● FOTO, QuickDASH

Weeks 3-6	● Full active shoulder ROM in all planes
	● Initiate strength/resistance training 2-3x/week
	● Maintain fitness of the athlete as able.
		● **Avoid provocative maneuvers, motions or exercises that cause discomfort**
		● **Avoid high velocity or high load activities of the shoulder**
		● Slowly advance **5 lb** lifting restriction to unrestricted lifting as able
			General guidelines
			● AAROM to AROM/ Functional ROM
			  ● Flexion / Abduction
			  ● External Rotation / Internal Rotation
			  ● Hand Behind Head
			  ● Hand Behind Back
			● Progress to Isotonic exercises as able with low loads and little to **no pain**
			● Criteria For Progression
			  ● Full painless active ROM
			  ● **No pain or tenderness with strengthening exercises**
			Week 6
			● FOTO, QuickDASH

Phase	Goals	Precautions / Restrictions	Treatment
Weeks 6-12	● Improve shoulder complex strength, power and endurance ● Progressive, Systematic Interval Program for Returning to Sports ● Overhead Athletes ● Tennis ● Golf	● Appropriate progression of increased velocity and loaded activities of the shoulder	**General guidelines** ● Isotonic strength training exercises with progressive overload ● Initiation of plyometric Training ● Focus on speed/velocity of movement ● Sport Specific Training ● Functional testing: ● Use of isokinetic dynamometer if available ● HHD **Week 12** ● FOTO, QuickDASH