



# orthopedic ONE

[www.orthopedicONE.com](http://www.orthopedicONE.com)

## Shoulder Decompression/Debridement Protocol

### **Phase I:**

#### Goals:

- Decrease pain and inflammation
- Increase ROM
- Increase strength
- Patient education

#### Plan:

- Ultra sling (0-2 weeks) Modalities PRN
- Scapular and glenohumeral mobilization
- Pendulums/cane/pulley Isometrics in all directions Bicep/tricep exercises
- Aquatic therapy

### **Phase II:**

#### Goals:

- Decrease pain and inflammation
- Full ROM
- Increase strength

#### Plan:

- Decrease sling if comfort allows
- Self-stretches
- RTC stretches
- UBE
- Initiation of machine weighted program (gentle)

### **Phase III:**

#### Goals:

- Full pain-free ROM
- Increase power and endurance
- Prepare for specific functional/sports program

## Shoulder Decompression/Debridement Protocol

\*\*\*Continued\*\*\*

### Plan:

RTC strengthening (90/90 position)

Scapular strengthening

PNF

Isokinetic testing if requested by M.D.

### **Phase IV:**

#### Goals:

Maximum ROM

Increase strength

Return patient to sport/activity

### Plan:

Continue with progressive resistive exercises

Continue with machine weighted program

Sport specific training