

## Partial RTC Debridement REHAB Protocol

### Precautions:

1. Sling for 2 weeks
2. PROM for week 1-2, followed by AROM exercises

### PHASE I – 0-2 weeks – Immediate motion phase

#### Goals:

1. Restore non-painful ROM
2. Prevent muscular atrophy and inhibition
3. Decrease pain/inflammation
4. Re-establish dynamic stabilization

#### Range Of Motion:

1. PROM
2. Pendulums
3. Pulleys
4. Wand exercises
  - flexion/extension
  - abduction/adduction
  - ER/IR begin at 0 AB, progress to 45 degrees AB then 90 AB
  - Active elbow, wrist, hand
5. Self stretches, posterior, inferior capsular stretches

#### Strengthening:

1. Isometrics: flexion, extension, abduction, IR, ER, biceps
2. May initiate tubing for ER/IR at – AB late phase
3. light wrist PRE's and hand strengthening

#### Modalities:

1. Cryotherapy

### PHASE II – Weeks 2-6 – Intermediate phase

#### Goals:

1. regain and improve muscular strength
2. normalize arthrokinematics
3. improve neuromuscular control of shoulder complex
4. Diminish pain

#### Criteria for progression to Phase 2:

- Full ROM
- Minimal pain and tenderness

#### Exercises:

1. initiate isotonic program with dumbbells
  - start with ½ to 1lb and progress only as tolerated based on pain/quality of performance/motion
2. Strengthen shoulder and scapulothoracic musculature
  - Elevation
  - Prone rowing
  - Prone horizontal abduction
  - Side lying ER
  - Shoulder abduction to 90, greater in late phase
  - Shoulder extension to neutral
  - Band exercises

Normalize arthrokinematics of shoulder complex

- joint mobilization
- control wand ROM

Initiate Neuromuscular control exercises

Initiate trunk exercises

Initiate UE endurance exercises

Decrease pain/inflammation with modalities, ice

## **PHASE III – Weeks 6-12 weeks – Dynamic Strengthening Phase**

### **Goals:**

1. Improve strength, power, endurance
2. improve neuromuscular control
3. prepare athlete to begin to throw, perform similar overhead activities or other sports exercises
4. Prepare worker to simulate jobs tasks

### **Criteria for progression to Phase 3:**

- full painless ROM
- no pain or tenderness on examination

### **Emphasis of Phase 3**

1. high speed, high energy strengthening exercises
2. eccentric exercises
3. Diagonal patterns

### **Exercises:**

1. Continued dumbbell strengthening
2. Initiate tubing exercises in the 90/90 position for IR and ER (slow/fast sets)
3. Tubing exercises for scapulothoracic musculature and biceps
4. Initiate Plyometrics for rotator cuff
5. PNF diagonal patterns
6. Isokinetic's
7. Continue endurance exercises: Neuromuscular control exercises
8. Tubing Exercise for biceps

## **PHASE IV – Weeks 12+ weeks – Return to activity Phase**

### **Goals:**

1. Progressively increase activities to prepare patient for full functional return to sports/work

### **Criteria for progression to Phase 3:**

- full painless ROM
- no pain or tenderness on examination
- satisfactory clinical exam
- normal shoulder mechanics

### **Exercises:**

1. Initiate sport or work interval program
2. Continue all exercises as in Phase III (throw and train on same day) (LE and ROM on opposite days)
3. Progress interval program