

Shoulder Decompression/Debridement Therapy Protocol

Phase I: (acute 1-2 weeks)

Goals:

Decrease pain and inflammation

Retain 75% of normal ROM

Maintain normal joint accessory motion

Patient education

Plan:

PROM, AAROM (limit overhead ROM)

Joint mobilization (emphasize inferior glide)

Modalities PRN

Isometric shoulder strengthening (include scapula and RTC)

Resisted elbow and wrist exercises

Soft tissue mobilization PRN to subscapularis and pec minor

Scapular PNF

Phase II: (2-12 weeks)

Goals:

Full ROM

Return to overhead activity with pain symptoms as guideline

Strengthen shoulder girdle with emphasis on humeral head depressors

Plan:

PROM and AAROM

Joint mobilization; soft tissue mobilization

RTC strengthening

Machine weighted exercise

Modalities PRN

Phase III: (12-16 weeks)

Goals:

Full AROM and PROM

Strength WNL

Pain-free return to functional and/or sport activities

Plan:

Continue strengthening

Self-stretching

Sport specific/work specific training

Reinforcement of patient education

Frequency: ☐ 1x/wk ☒ 2x/wk ☒ 3x/wk. ☐ 4x/wk. ☐ 5x/wk.

Duration: ☐ 1 week ☐ 2 weeks ☐ 3 weeks ☐ 4 weeks ☐ 5 weeks ☒ 6 weeks