

Arthroscopic Shoulder LOA/MUA

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Pre-operative Rehabilitation

GOAL: Optimize medical and physical conditions to maximize likelihood of achieving operative goals. Review post-operative protocol/restrictions and address any concerns about living environment/ADL's. The patient and surgeon should have similar goals and expectations relative to the surgery and the expected outcomes. Focus rehab to restore full ROM to avoid post-operative stiffness.

Postoperative rehabilitation

GOAL: Restore range of motion and strength, such that function is optimized to achieve surgeon and patient goals. Range of motion and strength often dictate functional outcome. Eliminate (or minimize) pain depending on the clinical situation. The ranges below are indicative of differences in recovery times as determined by factors such as age, activity level, medical conditions, conditioning, and tissue quality. The intent is to rehab as aggressively as possible while allowing for proper healing of the surgically treated tissue.

PHASE I: Weeks 1-4

- 1) Primary GOAL is to maintain FULL ROM that was achieved during surgery
 - a. Educate patient on importance of consistent ROM exercises at home as well as in PT
 - b. Moving into end range every hour for HEP
- 2) Wean out of sling
- 3) Exercises/therapy activities **This is a secondary goal as function will return pending ROM*
 - a. Shoulder PROM, AAROM to focus on end ranges
 - b. Elbow/wrist/hand ROM
 - c. Scapular stability exercises: clocks, retraction, prone rows/ext/horizontal abd
 - d. Cervical Flexibility
- 4) GOAL: full ROM, minimal pain, good scapulothoracic mechanics
 - a. If patient does not have full AROM by 1 month post-op, (s)he is behind

PHASE II: Weeks 4-8

- 1) Progress into light resistance training as ROM normalizes focused on rotator cuff stabilization with good glenohumeral control
- 2) Continue to normalize scapulohumeral rhythm, neuromuscular control and strength with goal of full AROM
 - a. CKC with gradually increasing weight through the involved arm
 - b. Progressive resistance TheraBand or free weights → advance to 90deg as appropriate
- 3) Resistance/Strength for entire upper chain including core exercises

PHASE III: Weeks 8-12

- 1) GOAL: progressive, consist strengthening with good mechanics
- 2) Continue progressive strengthening and wean to indep with HEP

Return to sport/work: Return to sport or work is often the ultimate goal. This will be variable and determined by multiple factors including patient factors and the sport/job. It is important to make certain that the patient has the necessary ROM and strength to appropriately function as an athlete or in the work environment. Thus, we want you to safely return to all the things that give you outstanding quality of life.

***Patient's frequently ask when "can I go out of town and miss physical therapy". Typically for at least the first month we strongly recommend you make rehabilitating your shoulder a priority. This requires appropriate commitment to exercises and the appropriate supervision. Upon being cleared to travel, the patient must be well educated regarding a home exercise program(HEP). The patient should check back in with the physical therapist immediately upon return.