



ARTHROSCOPIC GLENOHUMERAL DEBRIDEMENT POST-OPERATIVE REHABILITATION

COLUMBIA UNIVERSITY CENTER FOR SHOULDER, ELBOW AND SPORTS MEDICINE

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WEEK 1: pendulums, ROM and progressive strengthening- elbow, wrist, and hand
Pulleys
scapula mobilization
scapula facilitation- posterior rotation shrugs (without weight)

AAROM: scapular plane elevation to 160dg
ER to 60dg (in scapular plane)
PROM: as above (gentle)

WEEK 2: isometric hold scapular plane elevation @ 30dg (without resistance)

AAROM: elevation to 155dg; ER to 50dg
Upper Body Ergometer
AAROM: elevation and ER to tolerance
hyperextension, IR
PROM: as above

AROM: scapular plane elevation to 90dg
supine shoulder flexion to 90dg
sidelying ER in modified neutral
ER/IR isometrics
Bodyblade: superior/inferior, flex/ext @0dg

WEEK 4: progress AROM
Bodyblade: ER/IR in modified neutral
scapular plane elevation @ 90dg
elastic band ER/IR with arm at side

WEEK 6: may add weights to program
advance ER/IR strengthening to cocking position as tolerated
plyoball rebounder for eccentric cocking and ER
increase speed of training