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**ARTHROSCOPIC GLENOHUMERAL DEBRIDEMENT
POST-OPERATIVE PHYSICAL THERAPY PROTOCOL**

- 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