

Shoulder Decompression Guidelines

PHASE I

- Pain relief modalities
 - NSAIDS
 - Cryo
 - TENS
 - Moist heat
 - u/s
 - phono/ionto
 - ROM
 - Codmans
 - Grade I & II mobs
 - *milestones (1 - 2 weeks)
 - Patient education, pain relief, A/PROM, HEP compliance
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PHASE II (2 - 4 WEEKS)

- Address joint and soft tissue restrictions
 - Initiate RC strengthening
 - Strengthen in scapular plane
 - Milestones - normalize SC/AC/ST mobility, gradual increase mobility, gradual increase stability, Scap glide within 90% of normal, IR/ER strength 50%
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PHASE III (4 - 6 WEEKS)

- Restore GH mobility and stability
- Continue strengthening
- ER in multiple positions
- CKC
- Sokinetics
- Milestones - full arom, IR & ER 4/5 , RC strength increased 50% @ 90/90, symmetrical posterior glide, posterior shoulder flexibility within 75%



PHASE IV (6 - 12 WEEKS)

- Strengthen away from scap plane and >90 deg
- ER @ 90/90
- Isokinetics
- Milestones - pain free, full ROM, proper ST and SH rhythm, 80% strength, return to play