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## **Shoulder Decompression/Debridement Protocol**

### **Phase I:**

Goals:

Decrease pain and inflammation  
Increase ROM  
Increase strength  
Patient education

Plan:

Ultra sling (0-2 weeks) Modalities PRN  
Scapular and glenohumeral mobilization  
Pendulums/cane/pulley Isometrics in all directions Bicep/tricep exercises  
Aquatic therapy

### **Phase II:**

Goals:

Decrease pain and inflammation  
Full ROM  
Increase strength

Plan:

Decrease sling if comfort allows  
Self-stretches  
RTC stretches  
UBE  
Initiation of machine weighted program (gentle)

### **Phase III:**

Goals:

Full pain-free ROM  
Increase power and endurance  
Prepare for specific functional/sports program

**Shoulder Decompression/Debridement Protocol**  
**\*\*\*Continued\*\*\***

Plan:

RTC strengthening (90/90 position)  
Scapular strengthening  
PNF  
Isokinetic testing if requested by M.D.

**Phase IV:**

Goals:

Maximum ROM  
Increase strength  
Return patient to sport/activity

Plan:

Continue with progressive resistive exercises  
Continue with machine weighted program  
Sport specific training



**SHOULDER DECOMPRESSION  
OR  
DEBRIDEMENT PROTOCOL**