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SPECIALIZING IN SHOULDER & KNEE SURGERY

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REHABILITATION PROTOCOL & PHYSICAL THERAPY INSTRUCTIONS: Shoulder Arthroscopy & Distal Clavicle Resection / Sub-Acromial Decompression

Date of Surgery: _____ Visits per week: _____ Duration (weeks): _____

WEEKS 1 - 4

- Anti-Inflammatory Modalities (Ice – 3-4x/day)
- Range of motion exercises to tolerance in all planes
 - Emphasize passive supine FE & ER for first 2 visits; incorporate IR, abdxn, addxn
- Codman's, pendulums, pulleys (after FE > 85 degrees), cane-assisted ROM
- INSTRUCT HOME PROGRAM – TO BE DONE 2x DAILY.
- Biceps / Triceps Isotonics /Elbow & Wrist motion exercises
- Scapular Stabilization Exercises; Scapular Mobilizations
- Anterior and Posterior capsular stretch after warm-up
- Recommend 2 visits during per week\
- Rotator cuff free weight exercises per shoulder impingement program beginning with weight of arm at 2 wks from date of surgery.

Goals: Full AROM at 4 weeks post op with no pain. No inflammation

Return to work per MD restrictions after 5-10 days

WEEKS 4 - 8

- Range of motion exercises all planes to tolerance (ABD, FF, ADD, ER, IR)
- Continue upper extremity PREs, scapular stabilization / strengthening exercises
- IR / ER isotonic exercises below horizontal (emphasize eccentrics)
- Biceps PRE's, shoulder & neck flexibility exercises, Modalities PRN >>> Ice – 3-4x/day
- Increasing emphasis on rotator cuff and peri-scapular muscle strengthening
 - Rotator cuff free weight exercises per shoulder impingement program progressing up to 3 lbs (no heavier than 3 lbs).
- Functional activities begin week 6 (ADLs, Sports)
- Plyometrics

Please Send Progress Notes & Call with Questions

