

## **Shoulder Arthroscopy/Acromioplasty/Mumford Guidelines**

### **Rehab Guidelines**

#### **Primary Goals:**

- 1) NL shoulder ROM with return to ADL's/work/sport
- 2) NL glenohumeral mechanics, (avoid scapular hiking)
- 3) NL strength of deltoids, rotator cuff and scapular stabilizers
- 4) NL UE proprioception
- 5) Control pain and swelling
- 6) Independent with home exercise program

#### **Phase I** (post-op day one to week 4) Early ROM phase

#### **Goals:**

1. Control pain and swelling
2. NL AROM by end of week 2
3. Begin basic strengthening
4. Begin home exercise program

#### **Educate in Post-op restrictions:**

1. No lifting 1.5 LBs for the first 3 weeks
2. No lifting 3 LBs for the first 3 to 4 weeks
3. No lifting overhead or empty can exercise until cleared by MD

#### **Educate in post-op exercises:**

1. Gentle PROM/AAROM/AROM-pendulum, Codman's, ER curl side lying & row as tolerated, (flexion and scaption to 90)

#### **Weeks 1-4**

- Review post-op exercises and continue with them as tolerated. Modalities prn.
- Add scapula stabilization-supine alphabet, PNF-rhythmic stabilization, swiss ball in standing, etc
- Check cervical AROM & strength
- Add cardiovascular conditioning-UBE, Bike, and or walking
- Increase functional activities-increase use of UE with ADLs