

MISCELLANEOUS SHOULDER OPERATIONS/ARTHROSCOPY

Labral Debridement, Shaving of Articular Cartilage, Loose Body Removal:

- Immobilization: none
- Exercise: ROM and strengthening to be initiated as soon as possible
- Functional Outcome: 2-3 weeks to return to throwing, pitch a game in 2-3 months

Internal Impingement:

- Posterior pain especially in abducted and externally rotated position
- Exercise (Non Surgical Approach): Posterior capsule stretching, strengthen IR>>ER, and try to strengthen ER at 90 degrees abduction
- Procedure: Patients do not tend to respond well to rehab; may require surgical debridement or capsulorrhaphy
- Functional Outcome: Athletes who require extra ER may have poor return to function with capsule tightening – better results with thermal shrinkage