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**REHAB PROTOCOL: ARTHROSCOPIC SUBACROMIAL DECOMPRESSION  
AND ACROMIOPLASTY**

**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Diagnosis:** \_\_\_\_\_

**Date of Surgery:** \_\_\_\_\_

**Phase I: Weeks 0-1 (at home)**

**PLAN**

Pain control: ice, anti-inflammatory medications  
Wean sling use within first one-two weeks after surgery  
Gentle pendulum exercises at home

**Phase II: Weeks 1-4**

Formal physical therapy starts

**Precautions**

No upper body ergometer, hand weights, body blade in Phase II  
No IR behind the back, and no adduction and IR in Phase II (aggravate external impingement)

**Exercises**

Wean sling within one-two weeks after surgery  
Pain control: ice, heat, anti-inflammatory medications, therapeutic modalities

**Range of motion exercises**

1. Progress from PROM--> AAROM-->AROM as tolerated
2. Rotation glenohumeral exercises to performed with the arm less than 45 degree abduction
3. ROM goals: 140deg Forward Flexion/40degExternal rotation at side/60degAbduction

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**Start isometrics** at 3-4 weeks (rotator cuff, scapular strengthening with arm at side)

### **Phase III: Week 5 and beyond**

#### **Precautions**

1. Shoulder pain may become worse during this phase. Limit strengthening to 2-3 days a week. Back off strengthening if patients have rotator cuff irritation symptoms or shoulder synovitis symptoms
2. Strengthening should begin at waist level and gradually progress in abduction
3. Range of motion (ROM) takes precedence over strengthening.
4. If ROM is lagging behind, hold off on strengthening and focus on ROM and stretching.

#### **Exercises**

1. Gradually increase ROM to full with passive stretching at end ranges by 6 weeks (including posterior capsular stretches)
2. Combined motions (ER and abduction; adduction and IR) to start at 6 weeks
3. Begin rotator cuff, deltoid and scapular isometrics at 4-6 weeks
4. Begin resisted exercises with therabands at 6 weeks and progress to light weights
5. Begin eccentric motions, plyometrics, and closed chain exercises at 10-12 weeks.

Start sports specific Rehab at 3 months

Weight lifting at 6 months

Contact sports 6 months

#### **Modalities**

Heat and Ice

Ultrasound

Iontophoresis

Phonophoresis

Therapists' discretion

TENS

Trigger point massage

Teach home exercise program

#### **Comments:**

**Frequency:** \_\_\_\_\_ times per week

**Duration:** \_\_\_\_\_ weeks

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_