



Matthew Gotlin, MD
159 East 74th Street
New York, NY 10021

**REHAB PROTOCOL: ARTHROSCOPIC SUBACROMIAL DECOMPRESSION
AND DISTAL CLAVICLE EXCISION**

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

Phase I: Weeks 0-2 (at home)

PLAN

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

Phase II: Weeks 2-4

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)
- Avoid cross-body adduction until 6 weeks post-op in patients with distal clavicle excision
- Avoid overhead abduction and forward flexion beyond 140 degree for first 4 weeks (painful motion at AC joint)
- The DCE site can be very sore for up to 8-12 weeks. Avoid any deep tissue massage in this area

Exercises

- Wean sling within 2 weeks post-op

159 East 74th Street
New York, NY 10021
Tel: 212-737-3301 Fax: 212-734-0407

2 Overhill Rd, Suite 310
Scarsdale, NY 10583
Tel: 914-725-6970 Fax: 914-725-6972

1600 Stewart Ave, Suite 100
Westbury, NY 11590
Tel: 516-243-8506 Fax: 212-734-0407

1870 Richmond Road
Staten Island, NY 10306
Tel: 718-285-7118 Fax: 212-734-0407

161 Atlantic Avenue
Brooklyn, NY 11201
Tel: 212-737-3301 Fax: 212-734-0407

200 West 13th Street, 6th Floor
New York, NY 10077
Tel: 212-737-3301 Fax: 212-734-0407

9226 Kennedy Boulevard
North Bergen, NJ 07047
Tel: 212-737-3301 Fax: 212-734-0407

- Pain control: ice, heat, anti-inflammatory medications, therapeutic modalities
- Range of motion exercises
 - Progress from PROM--> AAROM--> AROM as tolerated
 - Rotation glenohumeral exercises to performed with the arm less than 45 degree abduction
 - ROM goals: 140 deg Forward Flexion, 40 deg External rotation at side, 60deg Abduction
- Start isometrics at 3-4 weeks (rotator cuff, scapular strengthening with arm at side)

Phase III: Weeks 5 and beyond

Precaution

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

Exercises

- Gradually increase ROM to full with passive stretching at end ranges by 8 weeks (including posterior capsular stretches)
- Combined motions (ER and abduction; adduction and IR) to start at 8 weeks
- Begin rotator cuff, deltoid and scapular isometrics at 4-6 weeks
- Begin resisted exercises with therabands at 8 weeks and progress to light weights
- Begin eccentric motions, plyometrics, and closed chain exercises at 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

Evaluation and others

Teach home exercise program

Comments:

Frequency: 2 times per week

Duration: 12 weeks

Signature: _____

Date: _____