

Rehabilitation Protocol: Arthroscopic Subacromial Decompression/Distal Clavicle Excision

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

Phase I (Weeks 0-4)

- Sling immobilization for comfort **Weeks 0-2**– Discontinue sling use at 2 weeks
- Range of Motion –PROM →AAROM → AROM as tolerated
 - Goals: 140° of Forward Flexion, 40° of External Rotation at side, Internal Rotation behind back with gentle posterior capsular stretching
 - No abduction-external or internal rotation (90/90) until 4-8 weeks post-op
- Therapeutic Exercise
 - Codman’s/Pulleys/Cane
 - Elbow/Wrist/Hand Range of Motion
 - Grip Strengthening
 - No resistive exercises
- Heat/Ice before and after PT sessions

Phase II (Weeks 4-8)

- Range of Motion – Increase Forward Flexion, Internal/External Rotation to full motion as tolerated
 - Goals: 160° of Forward Flexion, 60° of External Rotation at side, Internal Rotation behind back and at 90° of abduction with gentle posterior capsular stretching
- Therapeutic Exercise
 - Begin light isometrics with arm at the side for rotator cuff and deltoid
 - Advance to therabands as tolerated
 - Passive stretching at end range of motion to maintain shoulder flexibility
- Modalities per PT discretion

Phase III (Weeks 8-12)

- Range of Motion – Progress to full AROM without discomfort
- Therapeutic Exercise – Advance strengthening as tolerated
 - Isometrics → therabands → weights
 - Begin eccentrically resisted motions, closed chain exercises and plyometrics
 - 8-12 repetitions/2-3 sets for Rotator Cuff, Deltoid and Scapular Stabilizers
- Modalities per PT discretion

Comments:

Frequency: _____ times per week

Duration: _____ weeks

Signature: _____

Date: _____