

Rehabilitation Protocol:

Arthroscopic Subacromial Decompression/Distal Clavicle Excision

OMAR RAHMAN, MD, MBA

Orthopedic Surgeon | Sports Medicine

ARTHROSCOPIC SURGERY | JOINT RECONSTRUCTION



Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

Phase I (Weeks 1-2)

- Sling immobilization for comfort **Weeks 0-1** – Discontinue sling use no more than 2 weeks
- Range of Motion –PROM, AROM as tolerated
 - Goals: 140° of Forward Flexion, 40° of External Rotation at side, Internal Rotation behind back with gentle posterior capsular stretching
- Therapeutic Exercise
 - Codman's/Pulleys/Cane
 - Elbow/Wrist/Hand Range of Motion
 - Grip Strengthening
 - No resistive exercise
- Heat/Ice before and after PT sessions

Phase II (Weeks 3-8)

- 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 TheraBand as tolerated
 - Passive stretching at end range of motion to maintain shoulder flexibility
- Modalities per PT discretion

Phase III (Weeks 9-12)

- Therapeutic Exercise – Advance strengthening as tolerated
 - Isometrics, TheraBand, 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: 2-3 times per week

Duration: 6 - 8 weeks

Signature: _____

Date: _____