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
    o Goals: 140° of Forward Flexion, 40° of External Rotation at side, Internal Rotation behind back with gentle posterior capsular stretching
    o No abduction-external or internal rotation (90/90) until 4-8 weeks post-op
  • Therapeutic Exercise
    o Codman's/Pulleys/Cane
    o Elbow/Wrist/Hand Range of Motion
    o Grip Strengthening
    o 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
    o 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
    o Begin light isometrics with arm at the side for rotator cuff and deltoid
    o Advance to therabands as tolerated
    o 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
    o Isometrics → therabands → weights
    o Begin eccentrically resisted motions, closed chain exercises and plyometrics
    o 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: ______________________