Subacromial Decompression, Arthroscopic Debridement, Acromioplasty, Distal Clavical Excision, SLAP I Debridment Rehabilitation Protocol

Days 1 to 14
• Office visit to have a dressing changed, one to two days post-op
• Cryotherapy as needed to control pain and swelling
• Patient should be wearing a sling at all times except when performing exercises
• Suture removal office visit, seven days post-op

Goals
• Restore non-painful range of motion
• Retard muscular atrophy
• Decrease pain and inflammation
• Improve postural awareness

Exercises
• Begin physical therapy soon after surgery
• Passive range of motion
• Active assertive range of motion
• Grip strength
• Elbow/wrist/hand active range of motion
• Pendulum exercises/Codman’s
• Pulley/canes
• Scapular stabilization to begin at day seven
• Electronic muscle stimulation as needed
• Pain level should guide exercises and activity
• Upper body exercises

Weeks 2 to 4
• Continue with cryotherapy as needed
• Patient should be out of sling at week four

Exercises
• Focus on active range of motion
• Begin rotator cuff strengthening as tolerated
• Isometrics
• Light theraband exercises
• Stretching
• Continue with scapular stabilization exercises
Week Four to Eight
Goals
• Return to office visit for third post-op visit
• Continue physical therapy as needed to progress strengthening: active range of motion
• Full range of motion at four weeks
• No pain or swelling
• Regain and improve muscular strength

Exercises
• Continue all strengthening, progress as tolerable
• Isotonic strengthening (theraband, dumbbells)
• Proprioceptive neuromuscular facilitation
• Strengthen scapulothoracic musculature
• Electronic muscle stimulation
• Passive stretching at end ranges to maintain flexibility
• UT mobs and scapular mobs

Weeks 8 to 12
Exercises
• Advance strengthening as tolerated
• Eccentrically resisted motions
• Closed kinetic chain

Months Two to Three
• Functional progression back to sport/work

Helping you achieve the optimal activity level for your lifestyle is my first priority.

- Scott Gudeman, MD