

## 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



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