
Subacromial Decompression/Arthroscopic Debridement

Name: _____ Date: ____/____/____

- Sling for comfort, discontinue as tolerated
- May advance rehabilitation as rapidly as motion and pain allow

Phase I: Passive (Week 1)

- Pendulums to warm-up
- Passive range of motion
- Elbow/wrist/hand AROM
- Begin active scapular retraction/protraction exercises with therapist cueing
- PROM and AAROM as tolerated
- Supine external rotation – full
- Supine forward elevation – full
- Supine internal rotation – full

Phase II: Active (Week 2)

- Pendulums to warm-up
- Active range of motion with terminal stretch to prescribed limits
- Supine → seated external rotation
- Supine → seated forward elevation
- Internal rotation

Phase III: Resisted (Week 3)

- Pendulums to warm up and continue with Phase II
- External and internal rotation
- Standing forward punch
- Seated rows
- Shoulder shrugs
- Bear hugs

Weight Training (Week 6)

- Light bicep curls/resisted supination gradually progressed to premorbid levels
- Keep hands within eyesight, keep elbows bent
- Minimize overhead activities
- **No** military press, pull-downs behind head or wide grip bench

Return to Activities

- Computer: 1 to 2 weeks
- Golf: 4 weeks
- Tennis: 8 weeks
- Contact sports: 4 months
- Several months post-op: Late terminal stretching