



Arthroscopic Subacromial Decompression

<u>Postop</u>	<u>Goals</u>	<u>Range of Motion</u>	<u>Shoulder Immobilizer</u>	<u>Exercises</u>
Phase I Weeks 0-4 PT 1-2x/ week HEP daily	Edema and pain control	PROM as tolerated	Sling 0-2 weeks for comfort only Remove for hygiene & exercises	0-2 weeks: wrist/hand/elbow ROM; pendulums; wall stretch 2-4 weeks: add grip strengthening; pulleys/canes; closed chain scapula Deltoid & cuff isometrics Begin scapular protraction/ retraction
Phase II Weeks 4-8 PT 2-3x/ week HEP daily	Edema and pain control	Increase as tolerated to full ROM	None	Advance isometrics with arm at side for rotator cuff and deltoid Advance P/AA/AROM as tolerated Advance to therabands and dumbbells as tolerated; capsular stretching at end-ROM to maintain flexibility
Phase III Weeks 8-12 PT 2-3x/ week HEP daily	Return to activity	Full	None	Advance strength training as tolerated Begin eccentrically resisted motions and closed chain activities Advance to sport and full activity as tolerated after 12 weeks