

Protocol for:

- **Arthroscopic Subacromial Decompression and Debridement**

Must wear sling for comfort, when out in public and while sleeping for 2 weeks

- Come out of sling to move elbow, wrist, and hand (3 x daily)

Physical Therapy starts 2-3 days post-operative

- May advance rehabilitation as rapidly as pain and motion allow

**Return to Activities:**

•Computer •Eating •Holding a book •Typing •Writing	Immediately
•Golf	4 Weeks
•Tennis	8 Weeks
•Contact Sports	4 Months

**Rehab:**

Phase I (Passive ROM)	Week 1	<ul style="list-style-type: none"> <li>• Pendulums to warm up</li> <li>• Gentle stretch</li> <li>• Full Passive ROM (FF, ER and IR)</li> </ul>
Phase II (Active/Assistive)	Weeks 2 - 12	<ul style="list-style-type: none"> <li>• Full Active ROM (FF, ER and IR)</li> <li>• Pulleys</li> <li>• Supine to seated ER gradually progressing to full</li> <li>• Supine to seated FF gradually progressing to full</li> </ul>
Phase III (Resisted)	Week 12 →	<ul style="list-style-type: none"> <li>• PRE's for rotator cuff and periscapular strengthening</li> <li>• Scapular Stabilizers</li> <li>• Deltoid strengthening</li> <li>• IR/ER</li> <li>• Seated Rows</li> <li>• Standing Forward Punch</li> </ul>
Weight Training	Week 12 →	<ul style="list-style-type: none"> <li>• Check with doctor first</li> <li>• May be allowed at 3 months post-operative</li> <li>• Keep hands in eyesight</li> <li>• No military press, pull downs behind back, or wide grip bench press!!</li> </ul>

*ROM – Range of Motion*

*ER – External Rotation*

*FF – Forward Flexion*

*IR – Internal Rotation*

*PRE's – Progressive Resistance Exercises*