



POST-SURGICAL SUBACROMIAL DECOMPRESSION REHABILITATION PROTOCOL:

Arthroscopic decompression is normally the result of the clinical diagnosis of shoulder impingement syndrome. The protocol is divided into phases which are adaptable based on the individual and special circumstances. Following an arthroscopic decompression, avoid overhead activities for 4-6 weeks postop to decrease stress on the healing tissues. Early passive range of motion enhances circulation within the joint to promote healing.

The **overall goals** of the surgical procedure and rehabilitation are to:

- Control pain and inflammation .
- Regain normal shoulder range of motion .
- Regain normal upper extremity strength and endurance.
- Achieve the level of function based on the orthopedic and patient goals.

Prehabilitation

Apply ice as much as tolerated within a 24 hour period for first week, encourage icing 15 minutes every 4 hours while awake. This is also useful after therapy.

POST-OP DAYS 1 - 15

GOALS:

- Pain control.
 - Sling for comfort D/C within a few days
 - Hand squeezing exercises
 - Elbow and wrist active motion (AROM)
 - Ice pack

DAYS 16 - 21

GOAL:

- AAROM Flexion and Abduction to 60 degrees.
 - Continue appropriate previous exercises.
 - Full pendulum exercises.
 - Shoulder shrugs / scapular retraction without resistance.
 - Active assisted motion (AAROM) supine with wand flexion and Abduction to 60 degrees.
 - 1-2 Finger Isometrics x 6.

WEEKS 3 - 4

GOAL:

- AAROM Flexion and Abduction to 120 degrees.
- Symmetrical AROM ER and IR
 - Continue appropriate previous exercises.
 - Active assisted motion (AAROM) supine with wand
 - Flexion and Abduction to 120 degrees.
 - Submaximal Isometrics x 6.
 - Theraband for ER and IR with arm at side and pillow or towel roll under arm



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Let's Begin to Live Again...

WEEKS 4 6

GOAL:

- Full AROM.
 - Continue appropriate previous exercises.
 - PROM / mobilization as needed to regain full motion.
 - Light Theraband exercises x 6.
 - Standing rows with Theraband.
 - Biceps and Triceps PREs with light weight.
 - Prone scapular retraction without weight.
 - Elliptical trainer.
 - Treadmill Walking progression program.

WEEKS 6 8

GOAL:

- 15 table push-ups
 - Continue appropriate previous exercises with increasing resistance.
 - Push-up progression Wall to table.
 - Ball toss with arm at side, light weight.
 - BAPS on hands.
 - Treadmill Running progression program.

WEEKS 8 10

GOAL:

- Normal rotator cuff strength.
 - Continue appropriate previous exercises.
 - Push-up progression Table to chair.
 - Chest press with light weight.
 - Seated row with light weight.
 - Ball toss overhead.
 - Pool therapy.

MONTHS 2 4

GOAL:

- Resume all activities.
 - Continue appropriate previous exercises.
 - Push-ups, regular.
 - Sit-ups.
 - Swimming.
 - Gravitron Pull-ups.
 - Running progression to track.
 - Progressive weight training.
 - Transition to home / gym program.

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