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physical therapy & sports medicine

## *Post-Operative Rehabilitation Protocol for Subacromial Decompression*

Post-op Phase I (0-2 wks): \_\_\_\_\_

### **GOALS**

1. Decrease pain and swelling
2. Retard muscle atrophy
3. Maintain/increase flexibility
4. Sling to be D/C 24 hrs after surgery per symptoms

### **EXERCISES**

- Active warm-up
- Joint mobilization to thoracic spine, ribs, scapula, glenohumeral joint
- PROM, AAROM, AROM as patient tolerates
- Isotonic strengthening for IR/ER in scaption with towel under elbow – PAINFREE
- Multi-angle isometrics in scaption – PAINFREE
- Total arm exercises

Post-op Phase II (2-6 wks): \_\_\_\_\_

### **GOALS**

1. Progress to full painfree ROM
2. Establish normal arthrokinematics

### **EXERCISES**

- Prone series – ext, horiz abd, flex
- CKC/OKC proprioception training
- Rhythmic stabilization
- Progress scapular and glenohumeral isotonic
- Total arm exercises

Post-op Phase III (6-12 wks): \_\_\_\_\_

### **GOALS**

1. Return to normal activities

### **EXERCISES**

- Progress CKC exercises

- Sport/activity specific training
- Plyometric exercises
- Manual PNF exercises
- Isotonic testing