



REHABILITATION FOLLOWING ARTHROSCOPIC SUBACROMIAL DECOMPRESSION

PRECAUTIONS: **No heavy object lifting overhead**
 No jerking movements
 Do not use affected shoulder in sitting or rising (most important for
 the first six weeks to avoid fracture/cracking to the acromion bone

I. Immediate Motion Phase (0-2 weeks)

Goals:

- Re-establish non-painful ROM
- Retard muscular atrophy
- Re-establish dynamic stabilization
- Decrease pain/inflammation

A. Week One

Range of Motion:

- Pendulums
- Rope and pulley (non painful arc of motion)
- L-bar exercises (Elevation in scapular plane and ER/IR beginning at 30 degrees abduction and progressing to 45 degrees abduction)

Strengthening exercises:

- Isometrics-flexion, extension abduction, ER, IR, biceps
- Rhythmic stabilization exercises (ER/IR and flex/ext)

Decrease pain/inflammation:

- Ice, NSAIDS, modalities

B. Week Two

- Continue all Rom exercises
- May initiate heat prior to exercise
- Initiate ER/IR with L-bar at 90 degrees abduction
- Progress elevation to full Rom
- Progress isometrics
- Initiate ER/IR tubing at 0 degrees abduction

II. Immediate Phase (Week 2-6)

Goals:

- Regain and improve muscular strength
- Normalize arthrokinematics
- Improve neuromuscular control of the shoulder complex
- Diminish pain

Criteria to progress to Phase II:

- 1) Full ROM
- 2) Minimal pain and tenderness
- 3) Good MMT or IR, ER, flexion

A. Week 2-3**Exercises:**

- Initiate isotonic program (no weight)
- Shoulder elevation
- Prone rowing
- Prone horizontal abduction
- Sidelying ER
- Shoulder abduction to 90 degrees
- Shoulder extension to neutral
- After one week, provided patient has no pain and proper form, initiate exercise with 1 pound weight
- Normalize arthrokinematics of shoulder complex
 - Continue L-bar ROM
 - Elevation in scapular plane
 - ER/IR at 90 degrees abduction
- Joint mobilization: Inferior, posterior and anterior glides

Decrease pain and inflammation:

- Continue use of modalities, ice as needed
- May use heat prior to exercise program

C. Week 4-5: Progress to fundamental shoulder exercise program

III. Dynamic Strengthening Phase (Week 6-12)**Goals:**

- Improve strength/power/endurance
- Improve neuromuscular control
- Prepare athlete to return to sport

Criteria to progress to Phase III

- 1) Full non-painful TOM
- 2) No pain or tenderness
- 3) Strength 70% compared to contralateral side

Week 6-8**Exercises:**

- Continue isotonic program – fundamental shoulder
- Progress strengthening exercises
- Continue neuromuscular control exercises for scapular muscles
- Continue endurance exercises
- Initiate plyometric activities (2 hand drills)
 - If patient's goal is sport activities-chest pass and side to side throws

Week 9-12

- Continue all exercises
- Initiate on hand plyometric drills (wall dribbles, baseball throws, shovel throws)
- Initiate sport program (week (10-12) if patient achieves specific criteria

IV. Return to Activity Phase (13-22)

Goals: Progressively increase activities to prepare for full functional return

Criteria to progress to Phase IV

- 1) Full ROM
- 2) No pain or tenderness
- 3) Satisfactory muscular strength
- 4) Satisfactory clinical exam

A. Exercises:

- Continue ROM and strengthening program
- Continue self capsular stretches as needed
- Continue fundamental shoulder exercise program
- Continue or initiate interval sports program
- Gradually return to overhead activities i.e. sports