

## **Rehabilitation Protocol: Arthroscopic Subacromial Decompression with or without Distal Clavicle Resection**

### **Phase 1 (Weeks 0-4)**

- Sling for comfort – Discontinue sling use at 2 weeks, or sooner if comfort allows
- **Range of Motion:** PROM → AAROM → AROM as tolerated
  - Goals: 140° of Forward Flexion, 40° of External Rotation at side, Internal Rotation behind back with gentle posterior capsular stretching
  - No abduction combined with external or internal rotation (90/90) until 4 weeks postop
- **Therapeutic Exercises**
  - Codman's/Pulleys/Cane
  - Elbow/Wrist/Hand Range of Motion
  - Grip Strengthening
  - No resistive exercises
- Heat/Ice before and after PT sessions

### **Phase 2 (Weeks 4-8)**

- **Range of Motion:** Increase Forward Flexion and Internal/External Rotation to full motion as tolerated
  - Goals: 160° of Forward Flexion, 60° of External Rotation at side, Internal Rotation behind back and at 90° of abduction with gentle posterior capsular stretching
- **Therapeutic Exercises**
  - Begin light isometrics with arm at the side for rotator cuff and deltoid
  - Advance to therabands as tolerated
  - Passive stretching at end range of motion to maintain shoulder flexibility
- Modalities per PT discretion

### **Phase 3 (Weeks 8-12)**

- **Range of Motion:** Progress to full AROM without discomfort
- **Therapeutic Exercises:** Advance strengthening as tolerated
  - Isometrics → therabands → weights
  - Begin eccentrically resisted motions, closed chain exercises and plyometrics
  - 8-12 repetitions/2-3 sets for Rotator Cuff, Deltoid and Scapular Stabilizers
- Modalities per PT discretion